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Homemaking Radio News

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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 2, 1950

Make Popcorn the Easy Way

URBANA--For popcorn which is seasoned and ready to eat right after popping, add all the fat and salt to the skillet or popper before popping. The seasoning and fat will be distributed evenly.

Professor B. L. Weaver, horticulture specialist, University of Illinois College of Agriculture, recommends this procedure for tasty, well-seasoned popcorn. Prof. Weaver has developed excellent recipes during ten years of research with different popcorn varieties.

For popping corn you can use vegetable fats, lard, or even bacon or poultry fat--if you like the flavor. Butter has a tendency to stick and brown for popping, so it is not used, except melted and added after popping.

To make plain corn, add one-fourth to one-half cup fat and one teaspoon salt to a six quart popper which has been previously heated. When the fat is melted and hot, add one scant cup of popcorn. It should pop in less than two minutes. Stir rapidly until popping practically ceases. This will make approximately six quarts of popcorn.

Another recipe developed by Prof. Weaver is for Eat-More Corn. Here's how to make it--add three tablespoons lard, one-half teaspoon vanilla, and one-half teaspoon salt to a six quart popper. Heat until the lard is smoking hot. Add one-half cup granulated sugar and immediately, one-half cup of popcorn. Stir continually. This will make about three quarts of caramel corn.

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COK:pm
12/28/49

Farm Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 2, 1950

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 3, 1950

Planning Meals for Elderly People

URBANA--Planning and selecting food for elderly people isn't a difficult job, if you keep these factors in mind.

1. Usually fewer calories are needed.
2. Appetite may be poor.
3. Chewing may be difficult.
4. Digestive discomforts may be frequent.

If you remember these conditions and select food to meet these difficulties, meal planning for elderly persons will be easier and enjoyment will be greater, says Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

Usually fewer calories are needed in older years than during earlier more active years. Even if activity is apparently the same, Miss Armstrong says, calorie requirements decrease after the 40 year mark, in most cases. We must be careful to reduce the amount eaten, because habit may determine what people eat in their later years.

To meet loss in appetite which is frequent in elderly persons, prepare food which is especially attractive. Color in foods and attractive linen and china may stimulate the appetite. Fruits or fruit juices often serve the same purpose.

Provide foods which are easy to chew, Miss Armstrong says. Use fried foods only occasionally; these foods digest slowly.

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12-29-49

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Farm Home Radio News

UNIVERSITY OF ILLINOIS - COLLEGE OF AGRICULTURE - EXTENSION SERVICE

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12-29-49

Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 4, 1950

Serve a Quick and Economical Meal

URBANA--If you want a quick, easy-on-the-budget meal after those busy holidays, why don't you serve a one-dish meal? One main dish, with all other foods supplementing it, is called a "one-dish meal."

One-dish meals save time and energy in preparation, serving, and dishwashing. They may save money, too, by using leftovers or foods which are plentiful. These meals can be prepared early, thus leaving more time just before the meal hour.

"Give attention to flavors and combinations when choosing a recipe for a one-dish meal," says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. Too many foods of one kind should not be used in one dish; for example, rice and potato or meat and cheese are not desirable.

The greater part of the dish may be of some blend, such as potato or rice; and the smaller part may be of some strong-flavored foods, as cheese or onion. Add interest to the dish with crisp buttered crumbs, chopped parsley, minced green peppers, onion juice, etc. Tasty sauces often give this touch to the dish.

Use color effectively. Peas, green peppers, pimentoes, tomatoes, or carrots make the dish more attractive. Usually, this so-called one-dish meal needs to be supplemented by a salad or dessert, depending on the contents of the one dish. For example, crisp salads or fruits may supplement the meat pie or stew, and a custard dessert may be served with the vegetable plate.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 5, 1950

Choose Cool Closet for Your Fur Coat

URBANA--A cool closet which isn't crowded is the place to hang your fur coat, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

If your coat is jammed between other clothes in the closet, the fur will mat or break. Heat may dry out some of the oils of the leather, so avoid closets which have a radiator or steam pipe.

Choose a wide, well constructed hanger which fits the shape of the neck and shoulders of the fur coat. Never hang it on a hook or peg. Before hanging, shake your coat to keep the fur fluffy and to remove dust.

Care for your fur coat while wearing it too. Unbutton it before you sit down. Give your shoulders a slight shrug to loosen the coat about the shoulders, and lift the coat slightly from around your hips. This will prevent a strain on back seams. Don't remain seated for any length of time with your fur coat on; the fur will get crushed or matted.

Avoid sliding over car seats, because friction between the upholstery and coat will cause early deterioration of the pelt. Inspect your fur coat regularly for rips or tears, Miss Carl says. Leather may tear under strain or seams may open. Make repairs immediately, to prevent further tearing or ripping.

If your fur coat gets wet, hang it to dry in a cool room where air circulates freely. Never brush or comb the furs while wet.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 5, 1950

Best Buys This Week--Fresh Fruit and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, quality, and supplies--are apples, cabbage, beets, topped carrots, turnips, squash, spinach and other greens.

If you do not have to watch your food budget too closely, you'll be interested in green beans, tomatoes, and cucumbers.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

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Farm and Home Week--One session for homemakers in the 1950 College of Agriculture Farm and Home Week February 6-9 is a poultry demonstration by Mrs. Kathryn Niles, representative of the Poultry and Egg National Board. Her demonstration, "The Modern Way of Serving Poultry and Eggs," is scheduled for Wednesday afternoon, February 8.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 6, 1950

Safe Homes Award--A Farm and Home Week Feature

URBANA--The two "safest homes" counties in Illinois for 1949 will be recognized during 1950 Farm and Home Week on the University of Illinois campus.

Miss Gladys Ward, home management specialist, College of Agriculture, will present the Safe-Homes awards, Wednesday, February 8. The counties will receive awards on the basis of the largest percentage of enrolled families reporting no home accidents, and the lowest percentage of home accidents among total number of families enrolled.

Saving time and energy will be another part of the homemakers' program during Farm and Home Week. Dr. Elaine Knowles Weaver, associate professor in home management, Ohio State University, will speak on "Less Fatigue for Homemakers."

The "Use of the Family Food Dollar" is another subject which will be discussed Wednesday, February 8. Professor Margaret Reid, University of Illinois economics department, will give some facts about where that food money is going.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 7, 1950

Serve Pork Steaks in Many Ways

URBANA--Pork on your table these January days means an economical and tasty meal. Supplies of pork are plentiful; selection of various cuts is good.

Don't forget pork shoulder steaks when choosing the meat for your meal says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Pork shoulder steaks can be identified by the arm or blade bone, depending on the side of the shoulder from which they are cut. These steaks are cooked by braising--the same moist-heat method used for loin, rib, and end chops.

Brown the steaks in a frying pan, using fat from the steaks or a little added fat. Add a small amount of liquid, cover the pan tightly and let cook slowly until well done. Allow 45 minutes to one hour for cooking. All pork must be cooked thoroughly to avoid any danger of trichinosis.

Variations of pork steak treatments are many. You can serve a "Swiss" pork steak by adding tomatoes and onion rings after browning, and then simmering in a tightly covered pan for 45 minutes. Or you can add a fruit juice for braising. Pineapple juice plus a pineapple ring on the steak is one suggestion.

Orange juice is another ingredient which adds a tasty flavor to pork shoulder steaks. Add one-fourth cup orange juice diluted with one-fourth cup water to the browned steaks. Sprinkle a little thyme on and around the meat and also a little grated onion. Cover skillet tightly and cook slowly.

COK:lw 1-4-50 **********

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 9, 1950

Section of Folk Festival Scheduled for Farm and Home Week

URBANA--The folk and square dance features of the annual folk festival are scheduled for 1950 Farm and Home Week instead of during the August Sports Festival. This announcement was made today by James K. VanSlyke, rural sociology extension specialist, University of Illinois College of Agriculture.

Tuesday, February 7, folk and square dancing groups will compete all day in two divisions--open class and Rural Youthers. Rural Youthers are not eligible for the open class division this year. That night the Winter Festival will feature final winners of this all-day competition in a square and folk dance jamboree. A folk opera, "Down in the Valley," will also be given at that time.

The annual meeting of rural chorus directors and presidents is scheduled for Wednesday morning. This meeting will decide policies and a repertoire for the coming year's program.

Wednesday night, the Music and Drama Festival will present quartettes, trios, and instrumental ensembles plus several one-act plays. Representatives of district festival A groups will be chosen to present the most varied and interesting program.

Thursday morning, February 9, is the date for the business meeting of the Music and Drama Festival.

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Homemaking
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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 10, 1950

Provide Play Space for Children at Group Meetings

URBANA--Whether the group meeting you attend is a family reunion, a church, or a club meeting, be sure to make plans for the children who will be present.

If a large group of children is present, provide ample space for them to move about freely, says Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture. The room should be free of family treasures and fragile articles. The floor covering should be washable. If refreshments can be prepared in advance, a big farmhouse kitchen may be the most ideal space for the meeting in winter.

If possible, there should be some small chairs and tables in the room so that the children will not have to sit too long dangling their feet from adult chairs. Older children may enjoy working and playing around the family eating table.

Be sure to provide sufficient light and fresh air. Room temperature should be checked carefully; adults tend to overheat children's quarters in winter.

Provide Play Space for Children at Group Meetings--2

Suggestions for toys and play equipment which cost little or nothing are empty spools dyed with vegetable coloring, all kinds and sizes of tin cans (with rolled upper edge and lids when possible), pictures pasted on cardboard and cut into large pieces for puzzles, clothespins and scraps of cloth for clothes, brightly colored paper and magazine pictures to cut and paste, small blocks of wood sanded down for block building, or homemade finger paint for children to use in painting their own designs. The recipe for homemade finger paint is:

1/2 c. linit starch	1/2 c. soap flakes
1 1/3 c. boiling water	1 tsp. glycerin

Several colors in vegetable coloring

Mix starch with small quantity of cold water, add boiling water and cook till clear and glossy. Stir in dry soap flakes. Cool. Add glycerin, pour in several small jars and add coloring. You should have several colors--children enjoy playing with red, blue, orange, and green. They paint on the paper, using their fingers to get their desired design.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 11, 1950

How to Buy Bath Towels

URBANA--When you buy bath towels, what qualities do you look for? Durability and the ability to absorb moisture rapidly are desirable qualities, but how will you know when a towel has these qualities?

"Durability is influenced by the number of yarns per inch in the background weave," says Miss Florence King, clothing and textile specialist, University of Illinois College of Agriculture.

The number of yarns per inch is the thread count. Determine the thread count by looking at the closeness of the background weave, holding the hem end of the towel toward a light. Or you can push back the loops at the hem of the towel and move yarns with a fingernail to determine the construction. The compactness of the background holds the loops in place.

Loop construction determines the ability to absorb moisture. A double loop construction means that two yarns are used together to form a loop. This type furnishes twice as much surface area to absorb moisture as a towel with one loop construction and the same background thread count.

How to Buy Bath Towels--2

Length of loops also determines the ability to absorb moisture. Loops less than 1/8 of an inch long add little to the absorptive qualities. Too long loops (longer than 5/16 inch) tend to catch, and pull or flatten out.

Notice the selvage of the towel. It should be firm and closely woven to prevent fraying. If a towel has a cut edge which is finished with a machine-made blanket stitching, look to see that this stitching is well fastened so that it will not pull out easily.

Hems should be on the straight of the fabric, well turned under, and securely fastened at each end to prevent catching during laundering. Wide fancy borders mean less drying space and of course add to the expense. Fancy colors and designs also cost more, but these are personal decisions. If you are buying colored towels, make sure that colors are fast to washing.

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1-6-50

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 12, 1950

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, qualities, and supplies--are carrots, beets, squash, cabbage, Chinese cabbage, spinach and other greens, and midwest apples.

If you do not have to watch your food budget too closely, you'll be interested in head lettuce, snap beans, broccoli, and sweet potatoes.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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A Longer Life for Your Electric Cords--Don't throw detachable electric cords into a drawer with other articles. Hang them over a hook, or on a pair of hooks fastened to the back of a cupboard door. It is important, too, to connect and disconnect the cord correctly. When you are going to use your iron, percolator, etc., first connect the cord, and then plug it into the outlet. To disconnect, pull the plug out of the wall outlet, and then remove the cord from the appliance.

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:OK:lw
1-9-50

FOR RELEASE THURSDAY, JANUARY 12, 1950

Save Steps While Doing Housework

URBANA--How do you set a table? Do you make the most of your motions? Or do you take unnecessary steps and make too many movements? Stop a moment to study yourself next time you do this three-times-a-day task.

Analyzing your work procedures is the first step in developing a better way to do a job, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

You can save steps, perhaps miles each year, just by reorganizing work procedures or perhaps by using an additional piece of equipment.

In a time and motion study made by Miss Sullivan and Miss Margaret Goodyear, an instructor in home management, University of Illinois, it was found that just using a tray in setting a table saved 7 1/2 miles in one year. The table, set for two people, was six feet away from the storage cabinets.

Perhaps a tray would save steps for you. Instead of making separate trips from the cabinet to the table, with plates, saucers, and cups, you might be able to carry them all in one trip on a tray.

Do you use both hands whenever possible while you set the table? When you remove dishes from the cabinet or place dishes on the table, two hands will do a quicker job than one.

Are dishes and silverware conveniently located in relation to the table? Do you remove all staple foods from one cabinet at one time and carry them to the table in one trip?

Mind your motions as you do each household task, and you'll save many steps each day--and perhaps miles in a year.

COK:lw
1-9-50

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JANUARY 13, 1950

It's Time for That "After-Holiday" Sewing

URBANA--The whirr of your sewing machine can fill that after-holiday quietness. Now is the time to make that yardgoods you received as a Christmas gift into a shirt for your son, a dress for daughter, or an apron to protect your Sunday dress.

Oftentimes patterns call for machine gathering. Gathering requires a certain length of stitch and special placement of stitches on the garment. Here are some tips from Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture:

Fabric weight determines how long the gathering stitch should be. When materials are fairly light in weight--such as ginghams or chambrays--use about nine stitches to the inch. Somewhat firmer or heavier fabrics--such as light-weight woolens--require not more than eight stitches to the inch.

The gathering stitch should be long enough to permit the gathers to be pulled up without breaking the thread, but not so long that the thread will be loose. It will be difficult to keep the gathers in place if threads are loose. Practice on a scrap of material to determine the number of stitches you should use. Then set the stitch regulator on your machine for the proper length.

At least two and perhaps three rows of stitches will be needed. Place the first row exactly where the final seam stitching will fall. Hold the material so that the wrong side is down toward the feed of the machine; the right side will receive the top thread.

Place a second row of stitching one-fourth inch from the first row and toward the raw edge of the seam. If the gathering is to be quite full, a third row will be needed one-fourth inch on the other side of the seam. This makes it easier to control gathers when stitching the final seam.

Now you are ready to draw up the fullness. Hold all the under or bobbin threads at one end of the stitching lines together in your hand, and draw them up at the same time. Place a pin in the fabric at the spot from which the pulling is done, and wrap the threads around the pin. This holds the threads taut so that gathers may be distributed evenly.

After the final seam is stitched, the third line of gathering stitches (on the inside of the dress seam) may be removed unless it adds an appropriate decorative note.

COK:lw
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FOR RELEASE FRIDAY, JANUARY 13, 1950

Know Thread Count for Those January White Sales

(To the Editor: This release is the first in a series of four articles written to help the consumer buy sheets wisely--especially during this month of white sales.)

URBANA--It's time for those January white sales again. Counters are heaped high with sheets of various qualities and prices. And what kind should you buy? What are some points to look for in order to get good quality?

One indication of wearing quality is thread count, says Miss Florence King, clothing and textiles specialist, University of Illinois College of Agriculture.

Thread count is the number of yarns per inch both in the warp (lengthwise) and in the filling (crosswise). This count determines the fineness and closeness of the weave and therefore the durability of the sheet. The higher the thread count, the closer and more uniform is the weave and the greater the resistance to wear.

Look for the thread count on the label. If it isn't there, an over-the-counter test you can make is to hold the sheet toward a light and look at it. Or you can look at it through a small magnifying glass. ("Small magnifying glasses are helpful when selecting <u>any</u> material," Miss King says, "and therefore should be in every woman's purse.")

When you look through a magnifying glass, it is easy to see how the number of threads vary in different grades. Fuzzy coarse yarns mean a poor-quality sheet with only a few yarns to the inch. A better grade sheet has many tightly twisted yarns.

By holding the sheet toward a light, you can see the fineness and closeness of the weave. A uniform and close weave means more durability than a loose weave.

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BOK:lw
1-9-50 No. 2--"What 'Numbered' Sheets Mean"

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 14, 1950

Numbered Sheets--What They Mean

URBANA--When you shop for sheets during January sales, you may see a number on the label--128 or 180, for example. What does it mean?

Five type numbers are usually found in our markets--112, 128, 140, 180, and 200. These figures are obtained by adding the number of warp (lengthwise) and filling (crosswise) yarns in a square inch--the thread count. For example, 140 may be 70 warp/70 filling yarns, or 74 warp/66 filling yarns.

Balance of the yarns per inch is important because it determines the wearing quality of the sheet, says Miss Florence King, clothing and textile specialist, University of Illinois College of Agriculture. A square count means an equal number of yarns each way. For example, 70/70 means 70 warp yarns and 70 filling yarns. All sheets do not have a square count, but unless there is reasonable balance of the yarns, the sheet will not wear well.

Types 112, 128, and 140 are muslin sheets. Of these, number 140 is the best quality. Yarns in these sheets are heavier and more compactly constructed than types 112 and 128. Type 112 is

loosely woven and may be heavily filled with starch. This makes it look good, but it will not wear satisfactorily. Type 128 is light or medium muslin. Sometimes it is mistaken for long-wearing muslin, but it is not so durable.

Percale sheets are types 180 and 200. Percale is woven from fine-quality long staple cotton yarns which are processed more than the yarns used in muslin. Type 180 (sometimes called Utility percale) is made of fine-count percale yarns which are smooth and soft. Type 200 is a very fine, thin, and smooth sheet. It does not wear so well as type 180. Type 200 is really a luxury sheet--it is too costly for general use.

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COK:lw
1-11-50

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 16, 1950

Canned Fruits and Vegetables--Fit Quality to Their Use

URBANA--When buying canned fruits and vegetables for your January meals, remember to choose the quality according to the use you are going to make of that food.

This reminder came today from Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture. It is a good one for weary food budgets.

If you are going to buy a vegetable for a soup or a casserole dish, for example, you can buy a lower grade, because uniformity of size, shape, and color are not important. If, however, you plan to serve the vegetable alone, you need a higher quality which has good color, shape, and size.

Canned fruits may be packed with or without sugar. When they are packed with sugar, a heavy, medium, or light syrup may be used. The food itself has the same nutritive value; the difference is in the amount of sugar used in packing. If you want to serve the fruit "as is" for breakfast or dessert, the heavy or medium-type syrup would be the quality to buy. If you want fruit for salads, a lower quality or water-pack might be used, because some salads do not require uniform sizes and shapes. If you plan to serve fruit as a decorative and tasty garnish with meat, you need to think of size, color, shape, and flavor.

The price of a certain brand or grade is not always a reliable guide to the "most for your money," Miss Acker says. The food value of a lower grade may meet your needs just as well as a higher grade.

Many homemakers buy by brand name. If you find a brand that meets your needs for a certain type of preparation, make a note of it and buy it for that use.

COK:lw 1-11-50 **********

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 17, 1950

Buy Sheets Carefully--Look for Excess Sizing

URBANA--How to detect excess sizing is useful to know during these days of January white sales. Rub a corner of the sheet or pillowcase with your thumb and forefinger. If there is too much sizing, the starch will rub out and appear as a white powder on your fingers.

This suggestion was made today by Miss Florence King, clothing and textile specialist, University of Illinois College of Agriculture.

Too much sizing is put into poorly woven sheets to make them appear heavier and smoother than they are, Miss King says. Such sheets become sleazy and fuzzy after washing. A sleazy sheet will wrinkle easily and will not wear well.

What weight sheet you buy is a matter of personal preference. If you want a light-weight sheet, be sure it is light because of fine yarn and not because of a loose weave.

A heavy sheet outwears a lighter weight sheet. Heavy sheets, however, are awkward to handle and more expensive to launder. Sometimes from the laundering standpoint, it is better to buy a sheet with a loose weave of heavy yarn than one with a close weave. The dirt washes out more easily from the loosely woven sheets, and there is less danger of cracking under winter freezing if the laundry is done at home and the clothes are hung out of doors.

COK:lw
1-13-50

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 18, 1950

Successful Pastry Needs Careful Mixing

URBANA--Pastry mixing methods determine your success or failure in making a pie crust. Adding water to the fat-flour mixture is most important. You must be sure to distribute the water evenly among all the mixture particles.

This tip came today from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

To distribute water evenly, sprinkle a little water over part of the fat-flour mixture (which looks like coarse corn meal), and then mix this part with a fork. Dampen another part of the mixture, using just enough water to hold the fat-flour particles together, and again mix with a fork. Continue only until the mixture is barely dampened. Use only the amount of water required--too much gives sticky dough; too little gives a crumbly crust.

Cool equipment and cool ingredients also help to make a tender, flaky pie crust. Handle pastry quickly. After you finish mixing, let the pastry stand five minutes. Then shape it into a ball, using as few motions as possible.

Successful Pastry Needs Careful Mixing--add 1

For rolling the pastry, do not use more than one-half tablespoon of flour, Miss Cook says. If you use a canvas and cover over your rolling pin, you can use less flour. When you roll pastry between two sheets of waxed paper or plastic, you don't need any flour. To keep the wax paper or plastic in place while rolling the pastry, sprinkle water on the table and place the paper or plastic over it.

Bake the pastry quickly. Shells for pies, tarts and creamed foods should be baked in a very hot oven (425 to 435° F.). When done, the pastry will look dry and firm and will be an even golden brown.

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COK:lw
1-13-50

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 19, 1950

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, qualities, and supplies--are apples, oranges, cabbage, topped carrots, squash, onions, and rutabagas.

If you do not have to watch your food budget too closely, you'll be interested in head lettuce, green beans, broccoli, and cauliflower.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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How-to-Buy Oranges--When buying oranges, "weigh" them in your hand. If they feel heavy for their size, they'll probably have plenty of juice. Chose navel oranges for dessert and salads. Navels divide easily and are seedless. These oranges have an identation at one end and have rough, large-pored skin and yellowish-orange color.

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OK:lw
-16-50

FOR RELEASE THURSDAY, JANUARY 19, 1950

Catch Up on Clothes Care During January

URBANA--January means some spare time for the homemaker. It is a good time to catch up on clothes care. Why don't you make some pressing equipment during your free moments?

The tailor's ham is one piece of pressing equipment which you can make at home. It is a pear-shaped pad which is used during pressing in order to shape certain parts of a garment to the curves of the body.

Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture, gives directions for making a tailor's ham. Length of the tailor's ham is 16 inches without seams; width in the widest section is 12 inches. Allow 1/2 inch seam allowance. Place two curved darts in the widest end of the ham.

Use heavy canvas or ticking for the cover, and fill it with sawdust, small pieces of cloth, or rags that are cut very fine. To make quick work of cutting the cloth scraps, put them through a meat or sausage grinder. This will cut the scraps very fine, and they will pack down more firmly.

Pack the pear-shaped form of canvas or ticking very solidly, regardless of the filling used. A firm, smooth surface on which to press is necessary for good work.

To use the tailor's ham, place it on an ironing board or table. To press darts, place the garment right-side down with the dart or darts over a curve of the ham that most nearly resembles the part of the body which the dart is intended to fit. After pressing, the dart should fade or blend into the garment in an inconspicuous fashion.

Fitted seams such as those used in princess-lined garments should be pressed over the tailor's ham. An "eased-in" area such as that at the back shoulder seam or the top of plain sleeves should also be molded over the ham.

Be sure to lift the iron as you press. Pushing the iron is apt to stretch the fabric out of shape and put bulges where they are not intended. Also be sure to press <u>with</u> the grain of the fabric.

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Homemaking
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FOR RELEASE FRIDAY, JANUARY 20, 1950

Check Hems and Size When Buying Sheets

URBANA--Look at hems carefully when buying sheets, says Miss Florence King, University of Illinois clothing and textile specialist.

Hems should be even and neat and sewed with small stitches--about 14 to the inch. For laundering ease, the hems should also be stitched across the ends. This prevents catching. Notice the selvages too--sheet selvages should be wider and heavier than an ordinary selvage.

What length and width of sheets should you by? A sheet should furnish comfort to the user and protection for the other bedding. Therefore a sheet that is too short is unsatisfactory, no matter what the quality of the fabric.

The better grade of sheets is torn to size to make certain that the length is absolutely even; therefore the size given on a label is the torn size, which is measured before hemming. After hemming, the sheets are several inches shorter, depending upon the width of the hem. After washing there may be another decrease in length due to shrinkage. This decrease will depend upon the quality of the sheet.

Check Hems and Size When Buying Sheets--add 1

The lower sheet should be long enough and wide enough to tuck underneath a mattress at least 5 or 6 inches on all sides. The top sheets should tuck in at the bottom and turn down at the top at least eight inches over the bedding. Check your mattress size before you decide on sheet size.

For a double bed, the sheet should be 81 to 90 inches wide; for a three-quarter bed, 72 inches wide. This is sometimes called standard twin size. A single bed can use a sheet 63 inches wide.

Two lengths are available--99 and 108 inches. The longer one is the better length, as it allows for the width of the hems and for shrinkage, and gives room for tucking in.

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COK:lw
1-16-50

FOR RELEASE FRIDAY, JANUARY 20, 1950

Arrange Equipment to Make Dishwashing Speedy and Efficient

URBANA--Dishwashing--that three-times-a-day task--can be made more efficient and speedy. Perhaps you can do it just by careful arrangement of the equipment you use when washing dishes.

By choosing suitable equipment and work space, and working with both hands instead of only one, you can keep your time and motions to a minimum, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

Study your dishwashing job. Ask yourself these questions: Do I have the equipment I need? Some of the items may be a rubber scraper, a dish drainer, and washing and rinsing pans. Is the equipment conveniently located in relation to the sink area? One change in equipment location saved an Illinois homemaker about 36 steps each day. She moved the soap flakes from the pantry to the cabinet below the sink.

Similarly for convenience, dish cloths and towels should be stored close to the sink. The dish cloths should be stored at the right of the dishwashing area, and towels at the left.

Arrange equipment so that the work progresses in a line without needless trips back and forth. If you are right-handed, the work should usually progress from right to left--from the stacked dishes, to the washing area, to the rinsing space, to a cabinet surface, and then to storage on the shelves.

However, if your equipment is arranged so that work must progress from left to right, it is possible to learn to develop a smooth left to right process. You can learn to hold the dish with the right hand and wash with the left. This avoids the longer reach necessary if you washed with the right and transferred the dish into the drainer with the left hand.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 21, 1950

Does Your Child Have Space for His Toys?

URBANA--If you provide good storage space for your child's toys, you are on the way to teaching him good management and his part in sharing family responsibility. He will also develop a respect for his toys and their place in the home.

Good storage space plus the right words and approach leads to more orderly rooms, a happier family, and a satisfied child. No longer will you be saying, "Johnny, you have to put your toys away now."

"Toy storage space should be low enough for your child to reach and should be his 'own' corner in the room," says Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture. Open shelves are ideal; one suggestion is to use the lower shelf in an open bookcase.

Your child should be encouraged--not forced--to put his toys away. It is a part of the growing-up process, and is something to which he should look forward. But too often a penalty is attached to it, Miss Briggs says.

At a certain time each day, suggest to your child that "we're going to take a walk, or have some milk, or listen to records after we put your toys away." Try to make a game of it; join in with your child occasionally. Help him to understand that this is one part of growing up.

Remember that putting toys away should be a continual process. Consistency is important in teaching a child any desirable behavior, Miss Briggs says.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 23, 1950

Limited Space, Incorrect Work Heights May Mean Slow Dishwashing

URBANA--Did you know that inadequate space or incorrect work heights may be slowing up your dishwashing job? Your work area may be too small, or the work surfaces may be too high or too low for you. Check your kitchen for these points, and the chances are that you can speed up the job.

If you wash dishes in a dishpan, you'll need sink or table space on which to place your pan. If you wash dishes in the sink, the compartment should be large enough to do the job comfortably. At the right of this area, you'll need space for two trays of used dishes. At the left, you'll need a rinsing and draining area. Allow 36 by 24 inches of space for each of these areas. Perhaps stove or cabinet tops may provide some of this work space.

Correct height working surfaces will reduce the time and effort needed for dishwashing, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture. Test the height of your working surface in this way: You should be able to put your hands flat on the surface without either stretching or stooping.

You should be able to work comfortably without having to stoop over your work or reach up to it. You need different heights for various jobs. For example, you need a higher working surface to roll out dough than to beat a cake.

You can change improper working heights easily. If a table is too high, the legs can be shortened. If it is too low, it can be raised by adding wooden blocks to the legs. If the sink is too low, find the right height by putting boards into it, one on top of the other. Then have a platform of this height made to use under the pan.

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FOR RELEASE TUESDAY, JANUARY 24, 1950

Serve Omelets--For Variety and Inexpensiveness

URBANA--Eggs are on that plentiful list these January days. Why don't you serve omelets to "ease" your food budget and add variety to your meals?

You can serve omelets flat or fluffy--whichever you prefer. Ingredients are the same for both types--eggs, milk or other liquid, and seasoning. To make a flat omelet, blend all the ingredients together. For a fluffy omelet, beat the egg yolks and whites separately

Dress up the omelet by adding a sauce--tomato, mushroom, Spanish, or cheese sauce. Or you can top the omelet with creamed vegetables or meat. Another variation is to add a combination of chopped onion, green pepper, celery, and parsley which is fried in fat. For a sweet omelet, add jelly or citrus marmalade just before folding the omelet.

"Eggs will whip more quickly to a greater volume if they are at room temperature," says Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture. Avoid high heat and overcooking which toughen the protein and reduce the volume, Miss Hodgson warns.

Serve Omelets--For Variety and Inexpensiveness--add 1

To make the flat omelet, beat the eggs, milk or other liquid--water, tomato, or grapefruit juice--(1 tablespoon for each egg), and salt. Pour a thin layer of the mixture into a hot greased skillet. Cook it slowly, and when it is brown on the bottom, fold it, and turn onto a hot platter.

For a fluffy omelet, separate the eggs. Add salt to the unbeaten egg whites and beat until stiff. Beat the yolks thoroughly. Add 1 tablespoon milk or other liquid for each egg,and season. Fold the egg yolk mixture gradually into the egg whites. Pour into a hot skillet which contains a tablespoon of melted butter or other fat.

To cook, start it on top of the stove at moderate heat. Then place the omelet in a moderate oven to bake for 10 minutes after it is browned. Or you can continue the top-of-the-stove cooking until the mixture sets, and then place it under a low broiler flame for 2 or 3 minutes.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JANUARY 25. 1950

Test Cabinets--One Exhibit at Farm and Home Week

URBANA--Test cabinets developed recently by Miss Helen E. McCullough, home economics research specialist, University of Illinois College of Agriculture, will be on exhibit during Farm and Home Week, February 6, 7, and 8. Theme of all the exhibits is "Better Farming--Better Living." Illinois homemakers will have a chance to see the home economics department's most recent research and developments.

The result of a year's research, these cabinets are designed so that foods, pots and pans, and other equipment are "easy to see, easy to grasp, and easy to reach."

Four areas of activity make up these test cabinets--the mix, sink, range, and serve centers. Supplies and equipment used at a particular center are stored there for greatest convenience.

Additional features are designed for handiness. On the cabinet doors, small shelves are attached to hold spices, platters, or small packages of food. This permits narrower shelves in the cabinets and therefore prevents having to store unlike things behind each other. Metal-lined drawers--for sugar, flour, bread and cake,

and vegetables--are placed at the center where they are first used--and at a convenient height.

Vertical dividers are installed in deep and shallow drawers alike so that equipment is easy to grasp. Pullout shelves are placed at mixing level. They can also be used for eating or for cutting vegetables and fruits.

The cabinets which hold the dishes are built with many shelves placed closely together. The principle is to fit the storage to the type of dish and therefore prevent stacking unlike dishes. Waste space between shelves is avoided. Identical objects are stored one behind the other. Heavy plates are placed lowest--to avoid fatigue from reaching and lifting. Tall items, such as pitchers, are placed on the top shelf. This permits shelves to be placed as low as possible. No shelf for commonly used items is higher than 72 inches from the floor.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JANUARY 26, 1950

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, qualities, and supplies--are apples, oranges, cabbage, Chinese cabbage, carrots, squash, and onions.

If you do not have to watch your food budget too closely, you'll be interested in green beans, tomatoes, cauliflower, and broccoli.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit- and vegetable-growing areas throughout the state.

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Safety Tips for January--Protect young children at home from burns, cuts and falls. Give them space to play--away from the stove, sink and doorways, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Prevent winter fires. Have you made your home fireproof? "Home Hazards to Check and Correct" lists 18 ways to help prevent fires. Ask for a copy from Home Economics Extension, Urbana, Ill.

Check stairs to see that they are safe. Do your stairs have hand rails on both sides? Carry light loads up and downstairs--to be sure you can see each step. Prevent those falls.

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COK:lw
1-23-50

FOR RELEASE THURSDAY, JANUARY 26, 1950

Varied Homemakers' Program Scheduled for Farm and Home Week

URBANA--Illinois homemakers will have a chance to get answers to many of their questions during Farm and Home Week at the University of Illinois February 6-9. Both morning and afternoon programs are scheduled. The College of Agriculture's biggest event of the year features many well-known speakers on homemaking subjects.

How to select dinnerware will be one of the subjects discussed during Farm and Home Week. Choosing dinnerware is an important job because it usually is a long-time investment. Ralph Cook, professor of ceramic engineering, University of Illinois, will tell you "What to Look for When Selecting Dinnerware." Professor Cook will speak Tuesday, February 7, at 1 p.m.

Answering your questions on the control of household insects will be H. B. Petty, extension specialist in entomology, University of Illinois. Petty is well known among Illinois farm folks for his extension work in the state since 1941. He will speak on the Homemakers' Program Thursday, February 9, at 9 a.m.

A home management specialist will come from Ohio State University to tell Illinois women about "Less Fatigue for the Homemaker." She is Elaine Knowles Weaver, associate professor in home management, and she will speak on the Homemaker's Program Thursday, February 9, at 10 a.m.

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Homemaking
Radio News

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FOR RELEASE FRIDAY, JANUARY 27, 1950

Plan Your Spending and Saving--Get a Family Account Book

URBANA--Follow your resolution about spending and saving during 1950 by getting a family account book. "Farm and town folks alike can use this book," says Mrs. Ruth Freeman, home accounts specialist, University of Illinois home economics department.

"Record-keeping is a tool toward getting what you want from your money and other resources," Mrs. Freeman added. An average of 3,000 account books are sold each year in Illinois. After a year of account-keeping, a sample of records is summarized and returned to the family with an individual summary of the accounts, Mrs. Freeman added. Anyone who is interested in summarization should check with the home adviser.

Reasons for keeping account books are varied. One woman, a second generation account-keeper (her mother is keeping records for the 20th year), says, "How could anyone get along without keeping accounts? It would be impossible to figure income tax without it. There is never any question as to where the money goes when there is always a ready record."

Here is an example, Mrs. Freeman says, of how account-keeping can set an example for your children. The way young people manage money may depend on how their parents use money.

Another Illinois homemaker gave this reason for keeping family accounts: "Keeping home accounts helps me to know where I'm spending too much money. I know when my grocery list is too high. With a lower income, I can raise a larger garden or do a better job while shopping."

You can get a family account book from your home adviser or the home economics department of the University of Illinois College of Agriculture for 25¢.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JANUARY 28, 1950

Recipe for Wheat-Free Diet

URBANA--If yours is the job of preparing a diet for someone who is allergic to wheat, you'll be interested in recent research findings of the foods laboratory at the University of Illinois home economics department.

Rye, corn, barley, oat, and potato flours may be substituted in part for wheat flour, says Miss Virginia Charles, foods research specialist. Muffin-baking experiments were made to determine the best proportions of ingredients as well as the best methods of mixing each type of flour.

The wheat-free muffins were quite light and tender, and the flavor was pleasing. Corn, oat, barley, or potato flour can be used with the rye flour. Here is the recipe:

WHEAT-FREE MUFFINS

1 1/3 c. rye flour
with either
1 c. corn flour (minus 1 T.)
1 1/3 c. barley flour
1 1/3 c. oat flour
2/3 c. potato flour

4 t. baking powder
4 T. sugar
1/2 t. salt
1 egg
3 T. fat
1 c. milk

Measure the flour, baking powder, sugar, and salt. Mix and sift them once into a mixing bowl. Cut the shortening into the

dry ingredients with two knives or a pastry cutter. Beat the egg and add it with the milk to the mixture. Stir the batter only until the flour is dampened (about 12 to 15 strokes). Pour the batter into lightly oiled muffin tins and bake for 20 minutes at 425° F.

Exceptions: For Potato Muffins, use 5/6 c. milk instead of 1 cup.

For Oat Muffins (mixing method), place oat flour in bowl and add milk. Let stand for 10 minutes. Add the rest of the flour, baking powder, and salt. Beat well, then add the beaten egg and melted shortening, and blend.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JANUARY 30, 1950

Select Children's Clothes Patterns Carefully

URBANA--Plan your child's spring and summer wardrobe now--while you have the spare time. When selecting children's patterns for home sewing, pay attention to design, your child's comfort, and care of the garment, says Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture.

Check your child's measurements before you start pattern shopping. Measure the length from shoulder to waistline and from waistline to hem, shoulder width, chest and girth or waist circumference. Patterns for children are sold by age as well as by size. Check measurements with those on the pattern chart.

Remember your child's rapid growth when you select the pattern design. Look for patterns that have darts, tucks or gathers at the shoulder and at the waistline. Extra length and fullness can be hidden at the waistline. A dress with a yoke lends itself to lengthening. Extra sleeve length can be hidden in cuffs.

Consider your child's comfort too. Remember that tricky button arrangements are difficult even for grown-ups. Give thought to safety features. Loose belts or long sashes may be hazardous.

Watch the pattern for ironing difficulties. Frills or pleats take considerable time to iron. A dress that zips or buttons full length can be spread out for ironing. Belts, sashes, extra collars and cuffs require extra ironing time.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JANUARY 31, 1950

Broil Chicken at Moderate Heat

URBANA--If chicken is one of your family favorites, now is the time to serve it often. Market supplies of broilers and fryers are at a record level; prices are reasonable.

Why don't you broil a young chicken for your next family meal? Select a plump chicken about 8 to 12 weeks old, weighing not over 2 1/2 pounds dressed. Split the smaller sized broilers down the back, and cook whole with or without the breastbone. Larger birds may be split down the back and breastbone, so that each quarter makes a serving.

Broiling requires moderate heat for slow, even cooking, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. You may have objected to broiled chicken because it was crisp on the outside and pink on the inside; the reason was that the heat was too high.

You can get variation in broiling temperature in an electric stove by placing the broiler pan at different distances from the heating element and by leaving the door ajar or completely open. With a gas stove, you can regulate the height of the flame.

Before broiling, wipe the chicken as dry as possible. Then coat it with melted fat, and sprinkle with salt and pepper. Place the broiler pan so that the highest part of the chicken is 5 or 6 inches from the source of heat. Broil 15 minutes skin side down, 15 minutes skin side up, 15 minutes down, 5 minutes up. Brush with fat each time you turn the chicken.

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Homemaking
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FOR RELEASE WEDNESDAY, FEBRUARY 1, 1950

Hosiery Tips--on Care and Buying

URBANA--Take care of your hosiery to make it last longer. According to suggestions by Miss Florence King, clothing and textile specialist, you should fasten the garter to the folded top of the stocking while the knee is bent and not when you are standing up straight.

Examine your shoe linings frequently to detect any roughness that may cause undue wear on stockings.

When you buy hosiery, examine it closely to see that the yarn is uniformly smooth and strong, for no method of knitting can overcome the flaws of poor yarn.

The reinforcement, or splicing, at the heel, toe, and bottom of the foot should be symmetrical and sufficient for your foot. If you have long toes or wide feet, you need to buy hosiery which has deeper reinforcing at the toes and across the bottom of the foot.

Be sure to select the proper size of stocking according to a well-fitted shoe. The size should be at least half an inch longer than the wearer's foot. Too many of us, Miss King says, buy size nine and one-half regardless of how long our feet really are. A nine and one-half stocking is for a five and one-half size shoe; size 10 stocking is for a six and one-half or seven shoe; size 10 1/2 for a size seven and one-half shoe.

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Homemaking
Radio News

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FOR RELEASE THURSDAY, FEBRUARY 2, 1950

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, qualities, and supplies--are cabbage, dry onions, beets, carrots, parsnips, squash, spinach and other greens.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, cucumbers, green beans and cauliflower.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

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Check Local Market for Fish Supplies and Prices

URBANA--Frozen fish prices normally turn downward at this time of the year, says the Fish and Wildlife Service, U. S. Department of Interior. Frozen salmon and lake trout steaks are two offerings that may interest you. Check your local markets for supplies and prices.

Many varieties of fresh fish are available this week. Canadian whitefish, lake herring, and yellow pike are some varieties which may be in good supply at your local market.

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FOR RELEASE THURSDAY, FEBRUARY 2, 1950

Acting Head of Home Economics to Speak Farm and Home Week

URBANA--"Home Economics at the University of Illinois" by Dr. Janice M. Smith, acting head of the department of home economics, will open the Homemakers' Program during Farm and Home Week. Dr. Smith will speak Monday, February 6, at 1 p.m.

Dr. Smith, a native of Illinois and a graduate of the University, has been acting head of home economics since September 1, 1949. She has been director of the foods and nutrition work since 1944, and for a year before her appointment, she was responsible for all home economics research and graduate teaching.

Pennsylvania State College claimed Dr. Smith as associate professor of home economics research after she received her doctorate in biochemistry at the University of Illinois. There she directed research on the nutritional status of different population groups.

In 1943 Dr. Smith was appointed nutritionist for the Civilian Food Requirements Branch of the War Food Administration. The next year she returned to the University as professor of nutrition and director of nutrition work in the department of home economics. Immediately she established the diet house, the only one of its kind in any land-grant college, and one of the few in the United States.

In addition to doing research work and teaching, Dr. Smith has taken an active part in developing nutrition work throughout the state. She is directly responsible for the Nutrition Workshop which has been held at the University for the past two summers and is sponsored jointly by the State Nutrition Committee and the University of Illinois College of Agriculture.

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Homemaking
Radio News

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FOR RELEASE FRIDAY, FEBRUARY 3, 1950

Home Accidents Killed 33,000 During 1949

URBANA--Is your home safe? Strive for safety during 1950.

Home accidents during 1949 caused the greatest number of leaths by accident. Thirty-three thousand people lost their lives in and about American homes, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

These figures are quoted from the December report of the Statistical Bureau of Metropolitan Life Insurance Company. Although the actual number of home accidents has declined by 2,000 since 1948, t still remains high in comparison with occupational and motor vehicle accidents.

"Every homemaker should be concerned with such data. One f the most important jobs is to help make each home safe," Miss Ward ays. Most accidents can be prevented--just by making simple repairs efore accidents injure someone. Perhaps there is a loose board in he steps or the porch. Repair them now--not after an ankle is prained or broken. Check stairs to see that they are free of toys r other articles. Look before you start up or downstairs, and be ure to grasp the hand railing.

Correct unsafe habits too. Take time--avoid hurry in working. Rest before you get too tired, Miss Ward says.

Prevent a fall by locking the kitchen door after washing he floor. Be sure the floor is thoroughly dry before anyone enters. ake your home safe during 1950.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 4, 1950

Get Variations Aplenty With Dried Beans

URBANA--Plentiful, inexpensive, and protein-rich--those words describe the dried beans and peas which your grocer has in stock right now. Serve them often for a tasty meal and for a dish that's easy on the food budget.

To get a tender product, you need to soak beans ahead of time. For best results cook them at a low heat--simmer on top of the stove, or cook in a slow oven, says Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture.

Variations aplenty can be added to your meals if you use dried beans. To get a meaty flavor, add sausage, bacon, salt pork or ham bone while the beans are cooking. For extra flavor, put a peeled onion in the bottom of the baking dish.

You can serve beans in bean soup, with tomato sauce, baked with salt pork and molasses or brown sugar, with cheese or in many other ways. Split pea soup, stews, and chowders are suggestions for the use of peas.

Besides being a good source of protein, dried beans and peas provide iron and the B vitamins. The supply of protein in relation to the price is excellent.

To serve beans Boston style, use 2 cups beans, 4 tablespoons molasses mixed with 1 to 2 teaspoons salt and 1/2 teaspoon mustard. You may substitute maple sirup for molasses if you wish. Add salt pork if you wish. Bake in a 275° oven for 6 to 8 hours. Uncover during the last hour of cooking to brown the top.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 6, 1950

Informal Farm and Home Week Open House Planned

URBANA--Open House for Farm and Home Week visitors will be an informal and entertaining evening at the Illini Union tonight. There will be exhibits on handicraft, weaving, and glass blowing. Recordings will be made and movies shown. A general mixer and dance is planned for 9:30 p.m. in the ballroom.

Earlier today Mrs. Ruth Freeman, home accounts specialist, University of Illinois, presented "The Outlook With Regard to Prices of Consumers' Goods."

Tomorrow another subject of interest to homemakers, which is interwoven with the farm program, is frozen foods. Dr. Frances Van Duyne, foods research specialist, will give "Answers to Some Problems in Freezing Fruits and Vegetables" at the Refrigerated Locker Plants program in Davenport Hall. Dr. Van Duyne has been in charge of foods research at the University since 1940.

Attendance at this year's Farm and Home Week is expected to outnumber the 1949 figures of approximately 5,000 farm folks from 100 counties in Illinois, 12 other states, and two foreign countries.

COK:lw
2-1-50

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fomemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 7, 1950

Iow to Grow Old--and Like It

URBANA--"Old age need not be drab, nor lonely, nor useless. The aged have a contribution to make. If retirement is anything, it is time to plow back into society what the retired man or woman had taken from it."

So said Dr. Nellie L. Perkins, professor of home economics, Jniversity of Illinois in her Farm and Home Week talk, "Growing Older Sucessfully," this morning.

"Each of us can and must learn how to prepare for and accept old age. It can be a reasonably happy period. It has its compensations and contributions," Dr. Perkins said.

Here's how to grow old successfully: Have regular physical heck-ups, followed by counseling and corrections if necessary. Nurition, reminds Dr. Perkins is also important in combating old age. ppetite need not disappear; food can be enjoyed and meal times should e pleasant. Activity, too, must be kept up; even some regular work ith definite responsibility is all right. Friendships are invaluable or the comfort and stimulation they give.

Just as necessary in old age as in youth is recreation of arious types, although it takes different forms during old age. qually important are wholesome attitudes and emotional patterns. ental hygienists can help to combat worry, fear, anger, or jealousy. he problems of insecurity must be faced. Fortunately, Dr. Perkins aid, this is largely an educational preparation, and we now have some f the teaching tools and techniques necessary for such a program.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 8, 1950

NOTE TO EDITOR: DO NOT RELEASE BEFORE WEDNESDAY p.m.

Stephenson and Edgar Counties Win Safe-Homes Awards

URBANA--Stephenson county won the first Safe-Homes award this morning at Farm and Home Week for having the largest percentage of enrolled families reporting no home accidents. Ninety-eight percent of the 480 families enrolled in Stephenson county reported no home accidents.

Second award was given to Edgar county for having reported the lowest percentage of home accidents among the total number of families enrolled.

Miss Myra Robinson, president, Illinois Home Bureau Federation, presented the awards at the Homemakers' Program at 9 o'clock.

Forty-six counties enrolled 11,589 families in this seventh continuous Illinois Safe-Homes program. Of this total, 5,112 families in 34 counties reported no home accidents.

"This is a great record, for it means that an average of over 20,000 Illinois persons lived safely within their own homes," said Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. The 1949 report of families having no home accidents is almost a 50 percent increase over those making final reports for 1948.

Thirty-three counties reported 409 home accidents during 1949--an average of 12 per county. The range of accidents reported per county was two to 59.

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Homemaking
Radio News

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FOR RELEASE THURSDAY, FEBRUARY 9, 1950

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, qualities, and supplies--are Midwest apples, cabbage, carrots, onions, turnips, beets, and sweet potatoes.

If you do not have to watch your food budget too closely, you'll be interested in cauliflower, broccoli, cucumbers, and tomatoes.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

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EAT AN EXTRA EGG TODAY--Current egg production is running 10 to 12 percent greater than it was at this time last year. The total 1950 output is expected to be 2 to 3 percent above that of last year. Low prices prompt frequent and varied uses of eggs in your menus.

A bargain package of food value at today's prices, eggs are excellent body builders. The protein in both the yolk and the white is the kind that is needed by the body for growth and repair of tissues. Eggs are an excellent source of iron, and are rich in calcium and phosphorus as well as in at least five of the vitamins.

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FOR RELEASE THURSDAY, FEBRUARY 9, 1950

Farm and Home Week Folks Hear Petty on Household Insect Control

URBANA--To control household insects effectively, you should become thoroughly familiar with insecticides and their contents, said Howard B. Petty, extension entomologist, during his Farm and Home Week talk this morning.

Petty, an entomologist with the College of Agriculture and the Illinois Natural History Survey, spoke on the Homemakers' Program at 9 o'clock.

"Check the label on an insecticide for the active ingredient," Petty said. The percentage of the control ingredient varies considerably. You must know the amount of the active ingredient in order to control the particular pest in your home. Homemakers need to know, too, just what developments have been made in insecticides so that they can choose the best for their particular problem.

Petty, a native of Carroll county, discussed control of flies, termites, roaches, ants, clothes moths, and silverfish during his talk to Illinois homemakers.

A University of Illinois graduate, Petty worked with the U. S. Bureau of Entomology and Plant Quarantine for two summers. He was a special research assistant in the Illinois Agricultural Experiment station for two years while working on projects supported by trust funds established by cooperating commercial concerns.

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Homemaking
Radio News

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FOR RELEASE FRIDAY, FEBRUARY 10, 1950

Select Slip Cover Material Carefully

URBANA--Slip-cover your furniture during free February days. Now is a good time to take care of those "around-the-house" jobs that can't be fitted into busy schedules later.

No matter what you do--buy the slip covers, have them custom-made, or make them yourself--plan the fabric selection carefully.

When you select the material for slip covers, consider the size of the room, the size of the piece of furniture to be covered, and the size, color, and pattern of other furnishings in the room, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

If the room is large, a pattern of a bold nature may be used. A small room calls for a fabric which is plain, but interesting in weave, or a design which is small in scale. Decide whether you want the slip-covered furniture to harmonize or contrast with other room furnishings. Patterned materials contrast interestingly with plain walls or floor coverings.

Your budget and time will determine whether you buy a washable fabric or one which should be dry-cleaned. Use preshrunk fabrics, or shrink washable ones before cutting them.

Be sure to buy additional material for extra pieces, Miss Iwig says. You'll need the material for armrests and headrests. If you buy a large-patterned fabric, you must allow enough material for matching. If the fabric has an up and down, again you need to buy extra material.

Check your supply of material at home. You may have some plain and patterned material you could use in an interesting combination. Or you may need to buy all new fabric.

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How to Clean Shades

URBANA--To clean nonwashable shades, use wallpaper cleaner on both sides of the shade. You can also repaint shades, reminds Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

To paint a shade, lay it flat. Use a water-base paint instead of an oil base, for an oil-base paint may be too heavy and the shade will not roll easily.

Get cleaning equipment for your venetian blinds. A little brush which will clean both sides of a slat at a time is good. You may wish to use a venetian blind cleaner rather than water in cleaning them.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, FEBRUARY 11, 1950

ake Tasty Dessert With Eggs

URBANA--You can use that abundant egg supply in tonight's essert. Custards, sauces, fruit whips, or puddings are suggestions or an inexpensive and tasty egg dessert.

You can dress up puddings or custards with fresh, frozen, canned fruit. The fruit may be placed over the custard or in the ottom of the cup before baking. Make your favorite bread pudding d top it with a custard sauce. Pour a caramelized sugar sirup over custard, or top it with small meringues and jelly for a special des-rt.

A soft custard may be served as a pudding or as a sauce for uit, flavored gelatin, or cake. "Cook custards at a low temperature assure tenderness and proper consistency," says Miss Geraldine ker, foods specialist, University of Illinois College of Agriculture. get best results when baking custard, be sure to place the cups in pan of hot water and bake at moderate oven temperature, 350° F. The stard is done when you can insert a knife into the mixture and it mes out clean.

The following recipe may be used for a stirred custard or baked custard. Variations are many. You can make a brown sugar

custard by substituting brown sugar for white. Serve a cake custard by pouring a soft custard over lady fingers or slices of sponge cake. To make a chocolate custard, cook 1/2 to 1 ounce of chocolate with half the sugar and a little water until glossy. Combine with milk and proceed in the usual way.

FOUNDATION RECIPE
(Yield 4 servings)

2 cups milk
*2 eggs
4 tablespoons sugar
1/8 teaspoon salt
1 teaspoon flavoring

*Four egg yolks may be substituted for the 2 eggs.

For a stirred custard:

1. Heat the milk over boiling water.
2. Add sugar and salt to beaten eggs. Gradually add the milk to the egg mixture.
3. Cook over hot, not boiling water, and stir constantly until the mixture coats the spoon.
4. Remove from the hot water at once. Cool.
5. Add the vanilla and sprinkle a little cinnamon or nutmeg on each serving.

For a baked custard:

1. Scald the milk.
2. Beat eggs, sugar, and salt slightly.
3. Add scalded milk to the egg mixture. Pour milk gradually over the mixture to prevent over-cooking the eggs.
4. Pour into custard cups. Set cups in pan of hot water.
5. Bake at 350° F. until custard is firm. Custard is done when a knife which is inserted into the custard comes out clean.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 13, 1950

Use Your Sewing Machine Instruction Book Often

URBANA--Your sewing machine instruction book is an important accessory to the machine and an aid in home sewing, says Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. Read it several times, and keep it at hand for ready reference.

If you wonder how to adjust the machine, or how to clean and oil it, the book will guide you. It tells you how to operate it so that it will do good work. It carries a chart listing the size of needle and thread to use for the material you are sewing.

Check diagrams and study them carefully. They go hand in hand with the instructions and will help you identify the attachments and show you how to use them.

Instruction books are revised from time to time, as new and better methods are found and as new attachments are made, reminds Miss Carl. If you've had your copy for some time, ask about a new one. The book may have changes and additions that will make your sewing easier and more interesting.

When something goes wrong with your machine, use the book as your reference. It may help you to find the trouble and tell you how to correct it.

If you have lost your instruction book, replace it as soon as possible. Inquire at the store that sells your particular type of machine, or write to the manufacturer.

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Homemaking
Radio News

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FOR RELEASE TUESDAY, FEBRUARY 14, 1950

Long Slow Cooking Necessary for Souffle Success

URBANA--A souffle is grand style for those eggs you'll want to serve often because the supply is abundant. Egg prices are the lowest since 1942.

Eggs are excellent body builders, providing protein, B vitamins, and vitamins A and D. They also provide iron, calcium, and phosphorous, essential for building and maintaining strong healthy bodies. Eggs are easy to digest also.

When combining a hot mixture and eggs, as you do in a souffle, custard, or cream filling, pour the hot mixture slowly into the beaten egg, stirring or beating constantly, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Souffle variations are many--serve a cheese or a chocolate souffle, a souffle with ground meat or flaked fish. No matter which variation you choose you must follow one rule to get a perfect souffle: Long slow cooking is necessary. A moderate oven of 325° F. will set the souffle mixture without toughening it.

Long Slow Cooking Necessary for Souffle Success--add 1

SOUFFLE (basic recipe)
(about 4 to 6 servings)

3 tablespoons butter or margarine
1/4 cup flour or 3 tablespoons minute tapioca
1 cup milk
1 teaspoon salt
Pepper
4 slightly beaten egg yolks
4 beaten egg whites

1. Make white sauce of fat, flour and milk; add seasoning.

2. Gradually stir in egg yolks; fold in egg whites.

3. Pour into casserole buttered on bottom. Place in pan of water, with water coming to top of souffle.

4. Bake until firm to touch or until an inserted knife will come out clean.

For a cheese souffle add one cup cheese. One cup ground ham or other leftover meat may be used. Use vegetables--asparagus, lima beans, peas, or spinach--for another variation. For Friday meals, use flaked salmon, tuna fish, or leftover cooked fish.

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Homemaking
Radio News

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FOR RELEASE WEDNESDAY, FEBRUARY 15, 1950

Mark Pattern Carefully and Accurately for Pleats

URBANA--Follow pattern markings carefully and accurately when making pleats, says Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture.

To be beautiful, the edge of a pleat must hang evenly and on the true grain of the fabric. Use tailor's tacks, tracing paper, chalk or pins to transfer pattern markings to the fabric. It will save time to use thread or chalk of one color for the fold line of the pleat, and another color for the line on which the pleat is to be placed. It will also save time, Miss Whitesel says, if you can place markings on the right side of the fabric, since the pleating is done on the right side.

Another pleat-making trick is to press the fold of the pleat before it is brought to the marked line where it will eventually lie. Fold the pleat face down over a long piece of cardboard, then press it. Be careful to place the cardboard exactly on the fold line markings; otherwise the pleat will not hang straight.

If you are not sure of using the cardboard, place pins in at right angles to the fold, or use quick basting. Both pins and basting can be removed just ahead of the iron as the pressing is done. Remember, the face side of the pleat is down on the press board.

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Homemaking
Radio News

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FOR RELEASE THURSDAY, FEBRUARY 16, 1950

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, qualities, and supplies--are apples, cabbage, onions, topped carrots, Chinese cabbage, celery, and sweet potatoes.

If you do not have to watch your food budget too closely, you'll be interested in cucumbers, cauliflower, broccoli and peppers.

Beware of artificially ripened tomatoes from Mexico which are now on the market, as they are of very poor quality.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

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FISH MARKET--The Fish and Wildlife Service, U. S. Department of the Interior, reports that for the first time in weeks there is a goodly supply of whitefish from Lake Michigan at wholesale markets. There is more smelt, too, and the size and quality have improved.

Yellow pike and Canadian whitefish continue to arrive at the wholesale fish market in Chicago. Check your local market for supplies. Lake herring is plentiful and low priced on the wholesale market.

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COK:pm

FOR RELEASE THURSDAY, FEBRUARY 16, 1950

How to Wash a Fabric Lamp Shade

URBANA--Take a good look at the shades on your lamps. Do they need a cleaning? You can wash a fabric lamp shade if the shade is sewed--not glued--to the frame.

Dust the lamp shade first with a soft-bristled brush, says Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture. Be sure to get the dust out of all the pleats, loops, and trimmings. Then place the shade in mild soapsuds in your bathtub. Brush the shade with the soft-bristled brush. Wash the lining too.

Careful rinsing is important, Miss Iwig says, in order to avoid stains. Rinse several times, using water of the same temperature for rinsing as you did for washing.

Set the shade on a bath towel after it is rinsed, and let it drain. Do not rub it, cautions Miss Iwig. Rubbing may cause rub marks, or you may get the fabric out of shape.

To clean parchmentized shades, dust them, using a cleansing tissue or soft cloth. Wring a sponge dry, and wipe the shade with a circular motion. Rinse the sponge, and wipe again.

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Homemaking
Radio News

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FOR RELEASE FRIDAY, FEBRUARY 17, 1950

Vegetable Cookery--Type of Utensil Does Not Affect Results

URBANA--The way you handle and cook vegetables is more important than the utensil you use. So says Miss Winona Brower of the foods research laboratory, University of Illinois College of Agriculture.

Good methods mean more than if the utensil is aluminum, glass, enamel, or stainless steel. "When you hear someone quoting figures from research proving that a particular type of utensil is far superior to any other, you may be sure that the figures have been selected to prove the point," Miss Brower says.

You need a utensil that enables you to accomplish the following principles in vegetable cookery: Use as small an amount of water as possible in cooking. Cook as quickly as possible. Cook only until just done; don't overcook.

A saucepan with a tight-fitting cover is necessary to meet these principles. With a tight-fitting cover, you can use a smaller amount of water and cook the vegetables in steam. Experiments have shown that the amount of water used in cooking vegetables affects the amount of water-soluble vitamins dissolved out. So if you use just enough water to keep the vegetable from burning, there shouldn't be more than a few spoonfuls of juice left. You can use these in sauces, gravies, etc.

For cooking green vegetables like asparagus and broccoli, and for cooking sulfur-containing vegetables such as cabbage, onions, and cauliflower, some specialists recommend that you leave the lid off. You'll need to increase the amount of water to cover the vegetable, since you are no longer cooking in steam.

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Homemaking
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FOR RELEASE SATURDAY, FEBRUARY 18, 1950

Sunday Night Supper--Keep Preparation at Minimum

URBANA--Creamed Eggs and Mushrooms is a happy choice for Sunday night supper. Much of the preparation can be done in advance, and the dish is easy to serve.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, recommends this tested recipe. Prepare the cream sauce in advance if you wish, and use either fresh or canned mushrooms. Match servings to appetites, and increase the recipe as needed.

CREAMED EGGS AND MUSHROOMS
(5-6 average servings)

6 hard-cooked eggs, diced
6 medium mushrooms, thinly sliced
3 tablespoons butter
1 tablespoon flour
2 tablespoons minced parsley
1 cup milk
Salt and pepper
Paprika, pickle slices, and stuffed olives

Sauté the mushrooms in butter until lightly browned. Blend in flour. Add parsley, salt and pepper, and milk, stirring constantly. Simmer until the mixture is slightly thickened, and add the diced eggs. Serve promptly on hot buttered toast or crisp crackers. Sprinkle with paprika and garnish with the pickle slices and stuffed olives.

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Homemaking
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FOR RELEASE MONDAY, FEBRUARY 20, 1950

Washing Machines Allergic to Cold--Bring Temperature to Normal

URBANA--If your washer is stored in a cold place, warm it before you attempt to start it, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. Low temperatures make oil and grease stiff, and the effort to run the machine may overload the motor or blow a fuse.

Bring the machine into a warm room for a few hours before you plan to use it. Or fill the tub with warm water and let it stand an hour or longer. One precaution--do not use hot water if the tub is lined with porcelain enamel. A sudden change in temperature may crack porcelain enamel.

Check the position of the machine before you start the washing job. It will do better work and give longer service if it stands level, with the casters locked, or is set in caster cups to keep it from rolling.

If your washer blows a fuse, replace it with the size of fuse required by the wiring in the circuit. The use of too large a fuse is a dangerous practice.

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Baking Time for Waffles--If your waffles come from the iron limp and soggy, try baking them longer. Crispness depends largely on length of baking. The exact time needed will depend on the temperature and the structure of the iron. Usually 4 to 5 minutes is best for plain waffles.

It is well to remember that a thin batter needs to be baked longer than a stiff one. When more flour is added, the baking time is shortened, but the waffles will not be so tender.

Homemaking
Radio News

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FOR RELEASE TUESDAY, FEBRUARY 21, 1950

Use Plentiful Cabbage in Variety of Salads

URBANA--Prepare salads to add color and flavor variety to your February meals. An economical way to provide salads at this time of the year is to make use of the plentiful supply of cabbage.

Cabbage is best--in nutritive value and flavor--served "as is." Keep it crisp and cool in the refrigerator until you are ready to shred it. And use a sharp knife or shredder for cutting, because studies have shown that a dull knife causes a greater loss of vitamin C, says Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture.

Variations with cabbage as the basis for your salads are almost endless. Mix shredded cabbage with celery, pimento, and pepper. Or use another "plentiful" to add color interest--add some grated carrots. If you wish you may add raisins to the carrots and cabbage. Soak the raisins in cold water to plump them, pat them dry, and add to the carrot-cabbage mixture.

You may also use cooked vegetables with cabbage. Serve cooked beans with chopped celery and shredded cabbage. Apples add color and flavor to a cabbage salad. Sprinkle a few chopped nuts atop

the salad to give a finishing touch. Plain cabbage slaw with sour cream dressing is also good, reminds Miss Hodgson.

To avoid giving the dressing a watery consistency, be sure to drain all salad ingredients before they are combined with the dressing. Serve the salad "crispy" cold, arranged attractively without overgarnishing.

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FOR A SAFE HOME--Never place a pail of hot water on the floor, cautions Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. If you're getting the water ready to take into the barn for the milker, or for mixing livestock feed, fill the pail and take it directly to the barn.

Children or others may be in the room at that time and may fall or trip over the pail. Such an accident recently resulted in serious burns to an infant.

To avoid such accidents, provide safe play space away from all stoves, sinks, doors, and hot water, Miss Ward reminds. A small amount of money spent for a play pen will save pain and scars for the children and expense for yourself.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, FEBRUARY 22, 1950

How Accurate Are Your Measuring Cups, Spoons?

URBANA--Take a look at the measuring cups and spoons you use for baking or cooking. How do you know that the cup is an accurate and standard one? Or that the teaspoon you use is the same as the standard the recipe maker used?

Some measuring spoons are so inaccurate, you may be getting only two teaspoons of baking powder, when you've actually measured three teaspoons.

To avoid inaccuracy and failures in baking or cooking, buy measuring cups, spoons, and baking pans which have the American standards label. You can be sure you have accurate and standard-sized equipment if it has that label, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

A three-year study prompted by the American Home Economics Association and conducted by the American Standards Association recently resulted in a nationally accepted American standard agreed upon by national manufacturers of pots, pans, measuring cups and spoons. This standard tells how pans should be measured, what the standard sizes are, and how accurate your measuring cups and spoons should be.

With these standards, recipe-makers will be able to specify standard-sized pans, use terms with standard definitions, and measure ingredients with measuring cups and spoons of standard accuracy. And you'll be able to follow a recipe accurately and confidently, knowing that the recipe-makers used the same standard measuring cups and spoons which you are using.

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Homemaking
Radio News

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FOR RELEASE THURSDAY, FEBRUARY 23, 1950

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, qualities, and supplies--are cabbage, onions, parsnips, topped carrots, spinach, and midwest apples.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, peppers, broccoli, and cauliflower.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

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'ish Supplies up for Lent

URBANA--Choosing a variety of fish for your Lenten meals will e an easy job. There are heavy supplies of fresh and frozen fish on holesale markets.

Whitefish--both native and Canadian--are in good supply, reorts the Fish and Wildlife Service, U. S. Department of the Interior. hipments of both yellow pike and sauger are arriving from Manitoba.

One day's supply of smelt recently received at the Chicago arket was the largest for any day in the past five years.

Check the supply and prices of fresh and frozen fish at your ocal market. Frozen fish supplies have increased, and there is also uite a large quantity of frozen shrimp available.

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FOR RELEASE THURSDAY, FEBRUARY 23, 1950

Top Fish With Hot Sauce--for an Extraspecial Lenten Dish

URBANA--For an extraspecial Lenten dish, top a baked fish steak with a hot tartar sauce. The sauce is quick to make for that goodly supply of fish--fresh or frozen--at your market.

The trick in preparing the sauce is to check both cooking time and cooking temperature, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. The sauce should not be allowed to reach the boiling point after the mayonnaise is added. Too high a temperature or too long a heating period will cause the mixture to separate.

The recipe makes about one cup of sauce. Seasonings and condiments are proportioned to suit average tastes. Adjust them according to family preferences.

HOT TARTAR SAUCE

1 tablespoon butter
1 tablespoon flour
1/4 teaspoon salt
1/2 cup milk
1/2 tablespoon each capers, olives, pickles, and parsley, finely chopped
1 teaspoon lemon juice
4 tablespoons mayonnaise

Melt butter, blend in flour and salt, and add milk gradually, stirring the mixture as you add it. Blend in chopped capers, olives, pickles, parsley and lemon juice. Add the mayonnaise and heat, but DO NOT ALLOW TO REACH THE BOILING POINT. Serve hot.

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Homemaking
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FOR RELEASE FRIDAY, FEBRUARY 24, 1950

Start Your Garden Planning Now

URBANA--Start planning your garden now--from your armchair. What to plant and how much is your first consideration.

Family nutritional needs are of first importance, says Miss Grace Armstrong, nutritionist, University of Illinois College of Agriculture. A well-planned garden is good health insurance: there is no substitute for minerals, vitamins, and other nutrients which fresh vegetables supply.

Consider family tastes and preferences along with nutritional needs. If you have a record of amounts consumed this past year, use it as your guide and adjust figures to meet changing needs. Allow for generous amounts of tomatoes, leafy vegetables, green and yellow vegetables, and potatoes.

If you have no record to guide you, then try this rule of thumb. Estimate the amount of the vegetables used per week, and multiply the amount by fifty-two for the yearly family requirement. Step up the figure by one-fourth or slightly more to take care of guest servings and to allow a safe margin in case crop production is poor.

Time your planting so that you'll have a variety of vegetables throughout the growing season. Select varieties in keeping with the method of preservation you plan to use. Some varieties are superior for freezing, others for canning.

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Homemaking
Radio News

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FOR RELEASE SATURDAY, FEBRUARY 25, 1950

Press Darts Carefully--for Professional Look and Fit

URBANA--The final look and fit of a garment depend to some extent on how you press the darts. Darts should be pressed to retain the shape or curve they are intended to fit, says Miss Ritta Whitesel, clothing specialist, University of Illinois College of Agriculture.

Before the actual pressing, you should determine the directions in which the dart should be turned. Location on the garment is the deciding factor. Darts in the back of the blouse and the skirt should be turned toward the center back. And generally those in the front should be turned toward the center front.

Underarm darts should be pressed down toward the waistline. Those in the sleeve at the elbow should be pressed down toward the bottom of the sleeve or the cuff.

If the garment is of a heavy fabric, the front shoulder line darts which are more than one-half inch wide should be slashed to within one-half inch of the point and pressed open.

Before pressing, curved darts should be clipped on the fold to prevent puckering of the fabric and to permit shaping of the dart. Press narrow curved darts in one direction; the wider ones must be slashed and pressed open.

Treat each dart individually, Miss Whitesel says, remembering the shape or curve it is to fit.

COC:lw
2-22-50

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, FEBRUARY 27, 1950

Mayonnaise--How to Make and Store

URBANA--Make some tasty mayonnaise dressing, using that plentiful egg supply. Homemade mayonnaise dressing can't be beat for flavor and smoothness.

Adding the oil carefully and beating thoroughly are necessary for success, says Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture. Add the oil slowly at the beginning--about 1/2 teaspoon at a time--and gradually increase to one tablespoon at a time.

Have the ingredients at room temperature, Mrs. Janssen says. They will blend more easily if you do. It is important to store mayonnaise carefully too. Cover it and store in the refrigerator. If it is stored in too warm or too cold a place, it may separate.

MAYONNAISE DRESSING

4 tablespoons egg yolk, or whole egg
1 cup oil (corn, olive, or cottonseed)
2 tablespoons vinegar
1/4 teaspoon salt
1/2 teaspoon mustard
1 teaspoon sugar

1. Combine dry ingredients and egg yolk in a bowl or in an electric mixer bowl. Add vinegar and mix well.

2. Add oil slowly at the beginning--about 1/2 teaspoon at a time--until the emulsion is formed. Gradually increase to a tablespoon at a time. (Beat in each addition until the oil is thoroughly mixed.)

Or you may use the electric mixer oil dropper attachment. Add oil slowly--drop by drop--at the beginning, increasing it to a steady flow as the emulsion is formed.

To reform a separated mayonnaise, Mrs. Janssen says to start with two tablespoons beaten egg yolk and add the separated mayonnaise slowly, with beating, as you did the oil. You may use water, lemon juice, or vinegar in place of the egg yolk.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, FEBRUARY 28, 1950

Make Some Toy Boxes for Your Child

URBANA--You can make simple but adequate storage for your child's toys. Paint cigar boxes to keep small toys in, or put casters on orange crates or apple boxes.

These suggestions were made today by Miss Alberta Reitze, child development specialist, University of Illinois College of Agriculture. When boxes are easy to pull out and put away, your child won't consider it a chore to replace his toys. He can pull the box into the corner of the room where he wants to play, and then take it back to the storage place with a minimum of effort.

Two orange crates with a board nailed across their width, and casters placed on an extra two by four board at each end make good storage. Smooth the rough surfaces. You may paint each section of the crates a different color if you wish.

If you provide for toy storage in your child's bedroom, use cabinets that can be closed. Otherwise, toys may distract a child from sleep. Shelf storage shouldn't be deeper than 12 inches nor higher than 24 inches.

If your child has a great many toys, you might provide a small box of toys for each day in the week. This plan will avoid monotony resulting from playing with the same toys each day.

Remember to make it comfortable and easy for your child to put his toys away. And make it easy for yourself too.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 1, 1950

Choose Vegetable Variety With Eye to Preservation

URBANA--Don't choose varieties of vegetables for your garden by the hit-and-miss method. Choose the variety according to the method of preservation you will use.

Certain varieties of vegetables are suited for freezing; others are better for canning, says Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture.

Flavor, color, and texture of some vegetable varieties are better than others when frozen. In general, Dr. Van Duyne says, those that are superior as fresh cooked products can be frozen satisfactorily.

Large-seeded varieties of peas, such as Thomas Laxton Dark Podded, and small peas, such as Little Marvel, will have an attractive green color and good flavor and will be tender when frozen. Some small-seeded varieties of peas which are used for canning (for example, Alaska peas) are not suitable for freezing, as the product tends to be pale and hard. Recently, Dr. Van Duyne says, good results have been obtained with Frostie and Wando peas. There are other varieties, too, that will be good when frozen.

Choose Vegetable Variety With Eye to Preservation--2

Varieties should be selected on the basis of whether they will grow well in your locality and whether they have an attractive color, a firm but not hard or fibrous texture, and a pleasing flavor when frozen.

Some varieties of other vegetables suitable for freezing are: Asparagus--Mary Washington; beets and beet greens--Early Wonder; broccoli--Italian Green Sprouting; cauliflower--Snowball; corn--Golden Cross Bantam; lima beans--Henderson's Bush, Illinois Large Podded; rhubarb--Strawberry, Victoria; snap beans--Asgrow Stringless Black Valentine; soybeans--Hokkaido; spinach--Blight Resistant Savoy, Bloomsdale Long Standing, King of Denmark, Victoria; squash--Des Moines.

For more detailed information about varieties of fruits and vegetables suitable for freezing, write for circular 602, University of Illinois College of Agriculture, Urbana.

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COC:pm
2-24-50

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 2, 1950

Best Buys This Week--Fresh Fruits and Vegetables (Release on Receipt)

URBANA--Best buys in the fresh fruit and vegetable market this week--considering prices, qualities, and supplies--are carrots, parsnips, midwest onions, Chinese cabbage, sweet potatoes, and midwest apples.

If you do not have to watch your food budget too closely, you'll be interested in tomatoes, snap beans, cauliflower, and broccoli.

This information comes from Lee A. Somers, specialist in vegetable crops and garden extension, University of Illinois College of Agriculture. Professor Somers bases his summary on special reports from fruit and vegetable growing areas throughout the state.

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Processed Food Plentifuls

URBANA--You can turn to processed fruits and vegetables to add to the best buys for your food budget. Dried beans are available in large quantities. Pea beans, Pintos, Great Northerns, Small Whites, Red Kidney and Lima beans are all plentiful.

Stocks of canned peaches are well above average, reports the U.S. Department of Agriculture. The 1949 pack of canned peaches was of near-record size. Raisins and dried prunes are also plentiful.

The supply of canned corn is the most abundant in history. This is due to two bumper packs from two bumper crops in succession. Supplies of canned lima beans are heavy also. Check prices at your local markets.

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FOR RELEASE THURSDAY, MARCH 2, 1950

Cut Time and Motions Needed for Bedmaking

URBANA--You can cut time and motions you need for a household task by considering the three parts of a job--getting ready for the job, doing the job, and the clean-up after the job.

Study your bedmaking technique. If it takes too much of your time and energy each day, try to improve your procedures. Eliminate unnecessary movements, steps, and wasted time in as many parts of the job as you can, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

When thinking of step- and energy-savers, consider the best place to keep clean sheets and pillowcases. Perhaps you can store them in a closet or drawer in the bedroom or as close to the bedroom as possible. Before you make the bed, place a bench or stand nearby to hold the blankets or pillows. You might use the vanity bench or a nearby chair. This eliminates unnecessary bending.

Now study yourself as you are actually doing the job. Eliminate unnecessary steps around the bed. Try the hospital method of bedmaking. In this method, you make the bed completely at one corner--tucking in the bottom sheet, top sheet, blanket, and bedspread--before moving to another corner. Lessen the required time by using fewer motions, or more effective motions, or both.

Clearing away after bedmaking involves taking the soiled sheets to the laundry room or placing them in the hamper. Do this with as few steps and motions as possible. For example, you can eliminate stooping to pick up the soiled linen by placing them on a chair or bench.

Remember, it takes time to perfect a new method of bedmaking. But once you do it, you can cut your time and motions to a minimum.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 3, 1950

Use Plentiful Eggs in Soft Meringues

URBANA--To make a soft meringue, beat egg whites until they are stiff and have a moist and shiny appearance. Overbeating makes a watery meringue.

This tip for success with soft meringues was made today by Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture, when she suggested using meringues to "dress up" Lenten meal desserts.

Other steps to success are the right amount of a very fine sugar and the correct oven temperature. You may use sifted granulated or confectioners' sugar for the meringue. Fineness of sugar and sufficient sifting are necessary for a quality product.

The amount of sugar added to each egg white will determine the tenderness of the meringue. Soft meringues usually require two tablespoons of sugar to each egg white. Measure carefully. If too much sugar is used, the meringue will be sugary and stick to the knife when cut; if too small an amount is used, the meringue will be tough.

Add the sugar gradually to the egg whites by beating in a small amount at a time, Miss Acker says. Or you may fold it into the beaten egg whites.

If you wish, you may add the sugar to the egg whites before beating. The resulting texture is fine, and the meringue will hold up for a longer time. However, the volume will be smaller.

An oven temperature of 375° F. is right for soft meringues. If the oven is too hot, the meringue will toughen and shrink. If not hot enough, it will dry and shrink.

SOFT MERINGUES

2 egg whites
1/8 teaspoon salt
2-4 tablespoons sugar
1/4 teaspoon vanilla
1/2 teaspoon lemon juice, if desired

1. Beat egg whites with salt.
2. Add sugar gradually during last half of the beating. Continue beating until stiff.
3. Flavor. Spread on food.
4. Bake in a moderate oven, 375° F., until risen and browned, about 10 minutes.

Yield--meringue for one large pie or two small ones

Variations:

1. Sprinkle coconut, chopped nut meats or spices such as nutmeg or cinnamon over meringue before baking.
2. Top dish of soft custard with small baked peak meringues, placed in circle. Fill center with fruit.
3. Spread top of baked bread pudding with strawberry jam, top with meringue. Bake.

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FOR LENTEN LUNCH-PAIL SANDWICHES, use some of the protein foods which are in good supply, say food scientists of the U. S. Department of Agriculture. Some suggestions are chopped hard-cooked eggs with chopped cabbage, celery or pickle and mayonnaise; flaked cooked fish or canned fish with minced cabbage and salad dressing; sardines with hard-cooked egg yolks; soft sharp-flavored cheese mashed with tomato catsup, onion juice, and chopped nuts; or baked beans with thick chili sauce or catsup.

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COC:lw
2-27-50

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 4, 1950

Make Egg Cutlets for Your Lenten Meal

URBANA--Eggs are tops on the plentiful list. Make them tops in your Lenten meals. Prepare egg cutlets for a tasty and inexpensive dish.

When you cook the eggs for cutlets, remember that the first and fundamental rule is to cook eggs with low to moderate heat, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Here is how to cook eggs properly: Place eggs in the top of a double boiler. Pour boiling water over them. Place the upper portion of the double boiler over boiling water, and cook for 20 to 25 minutes. Or, if you wish, you may cook the eggs over direct heat. Be sure the water simmers and does not boil. You may start with cold or hot water. Cook for 20 to 25 minutes.

Dip the eggs into cold water right after they are cooked. This is one step to prevent darkening of the yolk, says Miss Cook.

EGG CUTLETS

3 tablespoons fat
3 tablespoons flour
1 teaspoon salt
1 cup milk
6 hard cooked eggs, chopped
1 tablespoon chopped onion
1 tablespoon chopped parsley
1 egg
2 tablespoons water
Dry bread crumbs

Prepare white sauce from first four ingredients. Add hard-cooked eggs, onion, and parsley. Mix well and chill. Shape into cutlets. Beat eggs slightly; add water. Dip cutlets into bread crumbs, then into egg mixture, and again into crumbs. Brown in hot fat. Makes 6 cutlets.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 6, 1950

Use Fine Needle in Machine When Stitching Jersey

URBANA--Jersey--the popular fabric for spring--requires special care in cutting, sewing, and finishing, says Miss Florence King, clothing and textile specialist, University of Illinois College of Agriculture.

When you cut a garment from jersey, place the pattern on the wrong side of the material. This will prevent the edges from rolling while cutting. Remember that knitted fabrics should be on a long flat surface for cutting. If you haven't a table large enough to spread out one piece at a time, use the floor.

Reinforce all curved sections, such as the neck edges, armscyes, and the end of sleeves, with a long machine stitching. This is to prevent curved edges from stretching.

Use a fine needle in the machine for stitching the garment. This is especially necessary if the material is made of rayon yarn or part rayon in combination with some other kind of yarn.

Adjust the machine with a medium-long stitch and a light tension to insure smooth stitching. If the stitch is short and tight, the knitted material will pucker. Lift up any bulkiness of material while stitching so that seams will not pull or pucker under the pressure foot.

Reinforce all closings--such as buttons, buttonholes, eyelets, hooks, etc.--with an interlining of a firm woven material. Crinoline or muslin is satisfactory for this purpose.

Remember that garments made of knitted fabrics should be pressed only at the hem and seams. Press lightly by lifting the iron, avoiding uneven pressure or pushing which will stretch the material.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 7, 1950

Illinois Rural Chorus to Go to Washington

URBANA--The Illinois Rural Chorus will represent the state in a program of festival music at the National Capital Sesquicentennial celebration in Washington, D. C., August 26.

James K. Van Slyke, chorus director and extension specialist in rural sociology, University of Illinois College of Agriculture, announced today that he is developing a Lincoln pageant involving the horus and square and folk dancers to be presented on Illinois Day ugust 26.

The sesquicentennial celebration will commemorate the 150 nniversary of the establishment of the seat of the federal government in the District of Columbia. The celebration is scheduled to be eld from April 15 through November 22.

Illinois Day, August 26, will celebrate the anniversary of he signing of the first State Constitution in 1818, which became oprative upon Illinois' admission to the Union on December 3 of that ear.

Governor Adlai E. Stevenson is cooperating with Albert P. Stewart, Purdue University, Lafayette, Indiana, in arranging for Illinois participation in the musical events.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 7, 1950

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Homemaking
Radio News

IVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 8, 1950

Guide Your Child's Money Management

URBANA--When you give your child an allowance, don't make it a payment for little jobs he does around the house. And don't tell him how to spend his allowance either.

Guide your child's spending or saving through suggestions given in family talks or in day-to-day living, says Miss Alberta Reitze, child development specialist, University of Illinois College of Agriculture. Suggest that he save for something to use in the not-too-distant future, but make sure it is something that he can understand.

For example, he may want to save to buy a toy, go on an excursion, or get some hobby equipment. That is something he can understand. However, saving for a college education is not within the scope of a six- or eight-year old's understanding.

Perhaps your child may want to buy something which is not within the family's budget limits. Through family conferences and individual talks, he will gradually become aware of other family needs and limits of the budget.

Remember that children can realize the value of money only through using it. Remember, too, that they will make some mistakes. That is why we start by giving them only a small allowance.

Keep a good balance in money matters so far as your child's attitude is concerned. Don't make him too money-conscious, but teach him a certain amount of thrift. Treat money matters objectively so that your child will not become anxious about money.

Teaching each child money management is an individual matter. Personality differences and individual needs must be considered.

Help your child to understand that money has limitations, and that he must forego one thing in order to get another.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 9, 1950

Use the Broiler Often

URBANA--For ease and handiness when broiling food, use aluminum foil or parchment on the bottom of your broiler pan. You can slide it off "quick as a wink" and save cleaning time.

This suggestion was made today by Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, who says one reason people don't often use the broilers on their stoves is that the pan is too hard to clean.

Another tip for quick cleaning is to soak the broiler pan in hot water as soon as you finish with it. Don't put it back in the oven when it is cleaned, because bits of food and grease will drop on it and the oven may smoke. Return it to the oven only when you're going to use it again.

To get variations in broiling temperature in an electric range, leave the oven door partly open. This trick also keeps the heating unit on and prevents possible smoking. Or you can place the broiler pan at different distances from the heating element to vary the temperature. But if you have a gas stove, you'll have to regulate the height of the flame.

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FOR RELEASE THURSDAY, MARCH 9, 1950

The Homemakers' Market Basket

URBANA--You needn't worry about your Lenten food budget. Many foods which are seasonal favorites are on the plentiful list.

Food tips which mean economy for your budget were made today by Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Use that "extra egg" today to stretch your supply of whipped cream. Make a meringue using one egg white and two tablespoons sugar. Fold it into one cup of whipped cream. Result is more tasty topping for your desserts.

Cheese production is expected to increase even more in 1950. For a tasty sandwich spread, use a sharp-flavored cheese, mashed with tomato catsup, onion juice, and chopped nuts. Use cheese in a souffle or omelet. Or prepare a creamed or processed cheese sauce for vegetables or omelets. Add a tangy taste to your salads with a bleu cheese salad dressing.

Wholesale fish markets have generous supplies of smelt, whitefish, yellow pike, and sauger. Check your local market for these varieties which may be prepared in many ways--baked, broiled, oven or pan fried, etc. Shrimp is a tasty seafood you can turn to for Lenten meals. Serve it as a salad or cocktail.

That predominantly orange hue on the vegetable counter--carrots--can be turned into an appetizing and colorful addition to your meals. For an unusual flavor, pan-fry some carrots with onions or apples.

Serve the good-quality cabbage now on the market as cole slaw or either creamed or buttered. Or cook it with milk for youngsters who don't drink their milk quota.

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3-6-50

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 10, 1950

Serve Plentiful Carrots in Variety of Ways

URBANA--Carrots--that colorful and tasty March plentiful--can be served in a variety of ways. Your family may like them "as is"--in carrot sticks or salads. Serve panned carrots with a little onion for flavor. Creamed or buttered is another way to use them in your meals.

Correct storage, proper cooking, and use of the cooking juices are steps to follow to be sure you get all the nutritive value of a vegetable, says Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

As soon as you get the carrots home from market, wash them and store in a cool place. For proper cooking, use little water. Start in boiling salted water in a pan which has a tightly fitting cover. Do not overcook; cook until just tender. Vegetables have more eye appeal and flavor if cooked only to the tender stage.

In deciding how much to cook, try not to overestimate the amount your family will eat at one meal. A fresh supply cooked for each meal means less loss of nutritive value.

Use any juice from cooked vegetables in soup or sauces to save vitamins or minerals which may have dissolved in the water, says Miss Armstrong.

To make panned carrots, slice thin, rinse, and pour off the water. Place in a frying pan with a little fat. Cover and cook slowly until tender. Season with salt and pepper.

For extra flavor you may add onion if you wish. It may be a small amount of minced onion or a larger amount--according to your family's tastes. Apples and carrots are a favorite combination. Add the apples when carrots are half done. Sprinkle with salt and sugar, and brown well.

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COC:lw
3-6-50

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 11, 1950

Meal-Planning Lessons High in 1949

URBANA--Meal planning was tops in interest in foods and nutrition work in Illinois home economics extension during 1949, reports Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

More women were given lessons in meal planning than in any other subject in foods and nutrition. This is the second consecutive year that meal planning has been highest in interest.

"Meal planning is a daily task which is important to the health and welfare of the family," says Miss Armstrong, "and therefore it requires a great deal of the homemaker's attention."

Personal likes, dislikes, income, and age and health of family members are some considerations which enter into meal planning for each family. Well-balanced meals, planned to meet basic seven requirements each day, are stepping stones to insure family health.

Each person is advised to eat daily foods from each of the following seven groups.

1. Green and yellow vegetables--one or more servings
2. Citrus fruits (oranges, grapefruit, etc.), tomatoes, raw cabbage--one or more servings

3. Potatoes and other vegetables and fruits--two or more servings
4. Milk and milk products (cheese, ice cream, etc.) Adults, 1 pint; children, 3/4 to 1 quart; expectant and nursing mothers, 1 quart
5. Meat, poultry, fish, eggs, dried peas, dried beans, peanut butter--one serving plus 1 egg (at least 4 eggs per week)
6. Bread, flour, cereals, whole grain or enriched--a serving each meal
7. Butter or fortified margarine--2 to 3 level tablespoons

If you need more foods to supply your energy needs, use larger amounts of these or other good foods.

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Bake Fish in Aluminum Foil

URBANA--You can bake a whole fish, steak, or fillet in aluminum foil, and it will save washing pans later.

Miss Frances Cook, foods specialist, University of Illinois College of Agriculture, tells how to do it: Sprinkle the fish with salt about 20 minutes before cooking time. Season with butter, onion, and lemon juice. Wrap each piece in aluminum foil, folding it to make it tight. Bake steaks and fillets about 20 minutes and whole fish 30-40 minutes in a 350° F. oven.

You may serve the fish wrapped in the aluminum foil if you wish. That way it will be piping hot.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 13, 1950

Follow "Unit Construction" in Spring Sewing

URBANA--Save time in home sewing by following the "unit construction" technique. This means doing as much sewing as possible on each piece or unit of the garment before putting the parts together.

This tip for efficient sewing was given today by Miss Lucile Hieser, home economics 4-H specialist, University of Illinois College of Agriculture. Apply it to advantage while you're making your spring suit or summer dresses.

Study instructions included with your pattern before you start to sew your garment. Learn what stitching needs to be done on each piece. Then arrange the pieces in the order in which you will stitch them.

For example, if you are making a dress, start with the waist. Do the stay-stitching on one piece of the waist. Next, make the darts, tucks, or gathers. While you are handling the piece, make button holes or pockets if the pattern calls for them. Do the same for other pieces of the waist.

You are ready to sew the shoulder seams when you have finished each piece of the waist. Review the pattern instructions.

Usually you can finish the neckline before you sew the underarm seams and set the sleeves in. And set the sleeves in before you sew the waist and skirt together; there will be less handling of the fabric if you do, Miss Hieser says.

Follow the same principle of unit construction on the skirt. Do the stay-stitching, darts, tucks, gathers or pockets, depending on the garment design. Check the pattern carefully when you have all possible steps completed. Sew the skirt seams. Then sew the waist and skirt together.

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Tips for Buying Fresh Fish

URBANA--If you buy fresh fish for your Lenten meals, choose fish that has firm flesh and no odor. If the head is on, eyes should be bright, full, and bulging. Gills should be reddish-pink, and the scales should cling to the skin.

These suggestions were made today by Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

As soon as possible after buying, place the fish in the refrigerator. Wrap it in waxed or parchment paper, and keep it well iced in the coldest part of the refrigerator. Remove it just before cooking. Chill fish quickly after cooking if it is not to be eaten at once.

COC:lw **********
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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 14, 1950

Tips for Broiling Meat

URBANA--Broiling is a simple and speedy way to prepare meats. So use the broiler of your electric or gas range often.

Broiled meats have a distinctive flavor and juiciness all their own. The secret of good broiling lies in using moderate heat and the proper cut and thickness of meat, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

For broiling, select tender cuts of meat,or the less tendercuts which have been ground. Chops, tender steak, liver, veal or lamb kidney, ham, and bacon are right for broiling. Cakes of ground hamburger steak may be broiled like tender meat. Remember that fresh pork and veal should not be broiled.

Steaks for broiling should be at least one inch thick, chops at least 3/4 inch thick, and cured pork at least 1/2 inch thick. Let the meat stand at room temperature about 30 minutes before broiling.

Moderate temperature is a "must" for broiling if you are to get a meat which is juicy and uniformly cooked. Place the broiling rack so that there is at least three to five inches between the top of the meat and the source of heat. The thicker the meat cut and the more well done you wish it cooked, the farther it should be from the heat.

Use a meat thermometer for steaks at least 1 1/2 inch thick. Insert it from the side so that the bulb is in the center. Turn the meat when the thermometer reads 105° F., and cook on the other side until it reads 140° for rare, 160° for medium, or 170° for well-done.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 15, 1950

Store All Cleaning Supplies in One Closet

URBANA--Spring housecleaning is just "around the corner." Before you get extrabusy, check the type of storage space you have for cleaning equipment.

Don't store your cleaning equipment "helter-skelter" in several closets and drawers. If you do, you will spend unnecessary time and steps gathering equipment and supplies for cleaning.

Reserve one closet or cabinet for orderly arrangement of cleaning equipment and supplies, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. Fit the storage space to the particular equipment you have.

Choose a convenient location for the cleaning cabinet. It may be in one corner of the kitchen, at the end of a hallway, or in the utility room. If you already have an extra closet, build in partitions and one or two high shelves near the top to fit your supplies. Space shelves for various height cans, bottles, and boxes.

Allow floor space in the cabinet for your vacuum cleaner if you have one. A suggestion for holding vacuum cleaner attachments is to hang a shoe bag on the door, and store each piece in a pocket.

Hooks on the underside of the lower shelf for mops, brooms, and long-handled brushes save space and make equipment easy to reach. Allow 61 inches of clearance from the floor for these items.

COC:lw
3-10-50

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 16, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain-buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

A goodly supply of lettuce is rolling into your markets. Serve it in many ways--as wedges with a tasty salad dressing, or cut into small pieces and mixed with other vegetables or fruit. To separate a lettuce head easily, cut out the core, and place the head (core side up) under cold running water. This loosens the leaves quickly.

Know your onions. The midwestern dry onion--the Yellow Globe--which is 2 to 2 1/4 inches in diameter, is plentiful and low-priced now. Try onions boiled, served with melted butter, or stuffed and baked. Use them as a pepper-upper in salads, soups, or dressings.

Lake herring of good quality has been selling at low prices at the Chicago wholesale fish market. Serve it as a Friday night special. Be sure to store raw fish carefully. After it is dressed, wrap it tightly in waxed or parchment paper, and store it in the coldest part of the refrigerator. Place it in the storage tray beneath the ice cube section or in the meat storage space.

COC:lw
3-13-50

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FOR RELEASE THURSDAY, MARCH 16, 1950

Smelt and Whitefish Plentiful--Good for Broiling

URBANA--Two fish varieties which are in plentiful supply now are smelt and whitefish. These two varieties are fat and good for broiling, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. You may select lean varieties if your family likes that type better.

If preparation time is limited, select fish steaks or fillets for broiling. Steaks are cross-section slices of the larger sizes of dressed fish. Fillets are the meaty sides of the fish, cut lengthwise away from the backbone. Both require little preparation for cooking.

To prepare the fish, remove it from the refrigerator about 10 to 20 minutes before cooking time. Wipe it with a damp cloth, and sprinkle salt on both sides.

Brush fish with butter, oil, melted fat, or French dressing before and during broiling. Place the steak or fillet under the broiler so that the top is about three inches from the source of heat. Moderate heat is necessary to get a thoroughly broiled fish which is juicy and tasty. Broil about 15 minutes.

Remove the fish carefully to a hot platter. Season, and pour drippings from the pan over the fish. Serve with slices of lemon, and garnish with parsley. If possible, cook the fish in a dish from which the fish may also be served.

COC:lw
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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 17, 1950

How to Wash and Dry Feathers

URBANA--If washing pillows is one of your spring housecleaning tasks, here is some advice from Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Before washing, place the feathers in a closely woven bag which is large enough to prevent them from packing. Tie the top of the bag securely. Then wash in a tub of warm, soapy water, gently dipping the bag up and down. Rinse in clear, warm water until the soap is removed.

Distribute the feathers from one pillow in several bags. Spread them in thin layers in the bag so that they will dry quickly. Place the bags on a screen which is up on braces, and turn them occasionally. The screen permits circulation and faster drying. Don't hang the bags up to dry; feathers will mildew and mold if packed tightly after washing.

You may dry the feathers indoors or outside. If you dry them outside, be sure you choose a sunny and windy day to wash them. Indoors, use an electric fan for drying.

Remember that commercial companies wash feathers too. If your time is limited, you may want to send the feathers to them.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 18, 1950

ow to Prepare Lower Cost Meats

URBANA--Is the cost of meat a sore spot in your food budget nd a worry in your meal planning?

The meat you serve need not be either monotonous or expen- tve. To stretch your food budget, turn to the less tender cuts, which re in less demand. By proper cooking you can make them as tasty and ender as the more expensive cuts.

If you are wondering about the nutritive value of these less ender cuts, here is what Mrs. Royene F. Owen, University of Illinois llege of Agriculture, foods research laboratory, says:

You can serve the lower cost meats without reducing the nu- ients provided by meat. Research findings show that the more desir- le cuts of meat which sell at higher prices differ little in nutritive lue from the less tender, lower cost cuts when prepared by good cook- g methods.

Cook these less tender cuts by braising--a moist-heat method which the meat is cooked slowly, with moisture, in a heavy pan with tight-fitting cover. To provide the moisture, you may use water, veg- able juices, tomato puree or juice, milk, sour cream, or fruit juices.

One inexpensive cut you can choose is flank steak. It is actically all lean, rich in flavor, boneless, and usually weighs from e to two pounds.

To prepare flank steak for cooking, score the meat, making ght cuts across the grain one-fourth to one-half inch apart. Then ok it with moist heat, as directed above. For flavor, add onion ices, or braise it with barbecue sauce.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 20, 1950

ake Good Cake Every Time

URBANA--Let's take the luck out of cake-making.

Learn how to make "Good Cakes Every Time." That is the name ' a circular written by Miss Frances Cook, foods specialist, University ' Illinois College of Agriculture.

Success in making cakes is not due merely to a knack for bak- ıg or to good luck, Miss Cook says. If you know the rules for making ıkes and always follow them, you should never have a failure nor even ıed to say that you had poor luck with a cake.

To know the secrets of baking good cakes, you must know some- ıing about the different ingredients and the effect each has on the ke. For example, did you know that batters that have a large amount ' sugar need more mixing after the flour has been added than batters ich have a small amount of sugar? Facts about flour, leavening agents, t, eggs, liquids, and other ingredients are included.

How to measure ingredients accurately and select the correct ze and shape of pan for different amounts of batter also are given. u may need to adjust time and temperature to the kind of pan you use r baking. For example, cakes bake more rapidly in tin pans than in uminum, as tin absorbs heat faster.

If you have had frequent troubles in making cakes (even after llowing directions carefully), you'll be especially interested in a ge called the trouble chart. You can turn to it when your cake is avy, soggy, tough, or coarse-grained to find out what the trouble may ..

The circular also includes five pages of recipes for shortened kes and frostings. Write the University of Illinois College of Agri- lture, Urbana, Illinois, for your copy.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 21, 1950

Reline Your Coat With Good-Quality Fabric

URBANA--If you plan to reline your spring coat, choose material with a smooth finish and a texture firm enough to stand considerable wear.

This suggestion was made today by Miss Lucile Hieser, extension specialist in home economics 4-H Club work, University of Illinois College of Agriculture.

Avoid using fabrics in which the yarns slip or shift easily, says Miss Hieser. Such materials will pull out at the seams and armholes long before they should show wear.

A smooth finish in a coat lining will allow the coat to be put on and taken off easily without clinging to other clothing.

Some materials which are suitable for linings are firmly woven flat crepe, satin, rayon twill, and some pure-dye silk crepes. Rayon twills are especially good to use in tailoring tweed coats; softer flat crepes are good for dressmaker types of coats. Or perhaps you may find the rayon twills made of acetate desirable because they are resistant to perspiration.

When you choose the color of the lining, match or contrast it with the color of the coat, as you wish. Check the label for colorfastness and a guarantee against shrinkage.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 22, 1950

Bake Hard Meringues at Low Temperature

URBANA--Use this time of egg plenty to prepare hard meringues as an accompaniment to desserts. Serve hard meringues with ice cream, fruit, lemon filling, or Bavarian cream. Or you can mix dates or nuts into the meringue mixture before baking.

Hard meringues are made of egg whites, sugar, and flavoring. They are usually puffy in appearance and have a fairly smooth, somewhat crystalline crust. This type of meringue differs from the soft meringue in that it contains more sugar and is baked at a lower temperature.

Baking temperature is important in getting hard meringues tender and crisp, says Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture. Bake for one hour at 250° F. Texture may be improved by storing the meringue uncovered in the refrigerator for a short time.

HARD MERINGUES

4 egg whites (1/2 cup)
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1 cup granulated sugar
1/2 teaspoon vanilla

1. Beat egg whites with salt. Add cream of tartar to egg whites when beaten until frothy.

2. Add sugar gradually during last half of beating. Continue beating until stiff. Flavor.

3. Dust oiled sheet with cornstarch. Mark into circles of desired size with cup or dish (trace on cornstarch). Drop meringue mixture into this space, shaping into flat circles with a spoon or pastry bag.

4. Bake 1 hour at 250° F. To avoid breaking, remove from pan while hot. Yield: 16 meringues.

5. A variation is date kisses: Fold 1 cup finely chopped dates into meringue mixture. Shape into small mounds with a teaspoon.

COC:lw **********

Fish Needs Careful Storage

URBANA--Don't allow frozen fish to thaw until just before you're ready to cook it, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. And once it is thawed, cook it immediately. Do not refreeze.

Or you can cook the fish without thawing it first. If you do that, remember to allow more cooking time.

You can keep a frozen fish hard for a day or two in the freezing compartment of your refrigerator. Don't try to store fish for any longer period of time unless you have a storage compartment for frozen foods.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 23, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain-buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Chicken--Select a fryer for your Sunday night supper while the supplies are abundant. Choose a plump young chicken with smooth, tender skin and a flexible breastbone. Look for a bird with a well-fleshed breast and legs, well-distributed fat, and skin that has few blemishes and pinfeathers.

Vegetables--If you select colorful beets for your meals, be sure to look for top quality. Choose beats which are smooth, firm, and free from blemishes. Avoid those that are soft or shriveled. Beets which are rough or have a neck that is deeply scarred may be tough or woody.

Snapbeans are selling at moderate prices. Add them to your market list for tasty variation in your meals. Serve them buttered, creamed, in a cooked vegetable salad, or in many other ways.

Fish--Look for goodly supplies of smelt at your market. Serve it often if it's one of your family favorites. Fry it to a golden-brown stage, after rolling in flour, corn meal, or cracker meal. For variety, mix a small amount of brown sugar with the corn meal mix.

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FOR RELEASE THURSDAY, MARCH 23, 1950

Prepare Equipment for Cleaning Time

URBANA--For a thorough housecleaning job which saves both time and energy, make sure your cleaning equipment is in good condition. Clean mops, brooms, brushes, dust cloths, etc., are necessary for a "top-notch" job.

These suggestions were made today by Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture. Make sure housecleaning time is safe. Miss Ward says to check rungs and steps on your stepladder to make sure they are sturdy.

To clean brooms and brushes, wash them in warm, soapy water, rinse well, and shake briskly. Hang them to dry at room temperature, because hot or freezing temperatures weaken the fibers. Hang brooms high enough to keep the straws from resting on the floor.

To remove paint from brushes, use turpentine or linseed oil, depending on the type of paint used. Use kerosene oil--sometimes called coal oil--for flat finish paint. Use denatured alcohol to remove shellac. After the paint is removed, wash the brush in warm, soapy water and dry on a flat surface. Wrap it in paper and store until use.

Check your vacuum cleaner to be sure the nozzle makes a good seal with the rug. Some nozzles must be adjusted by hand or foot; others adjust automatically to rugs of different thicknesses. Follow manufacturer's directions. To test the nozzle adjustment, start the motor; the suction should pull the carpet up against the cleaning nozzle.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 24, 1950

Guide Your Child in Decision-Making

URBANA--You can help your child make choices and decisions, says Miss Alberta Reitze, child development specialist, University of Illinois College of Agriculture.

When your child is just beginning to make decisions, help by making your choices first,bringing the number he must decide on down to two. A child becomes confused when he has to choose between too many items. Later, as he grows older and more experienced at decision-making, he will be able to choose between more objects more easily.

For example, suggest to your child that he may decide which sweater to wear. You should decide first which two are suitable for the occasion or activity, and then let him choose between them.

When your child is old enough to choose his clothing, accompany him to the store and let him make his own decisions. You can help by going downtown before the shopping trip to see what is available. Decide what store you will go to when your child is with you, and perhaps choose two items which are suitable. Then let your child decide between the two.

Point out advantages and disadvantages of certain items. Help your child to see what the future will mean if a decision is wrong. For example, if your daughter wants to buy a party dress when she already has several, it will mean she can not buy a new spring coat.

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Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MARCH 25, 1950

Add Variety to That Potato Dish

URBANA--Serve potatoes in a variety of ways. You can add tasty and colorful interest with just a small amount of chopped parsley, green pepper, or cubed left-over cooked meat.

A serving of potatoes each day is one of the basic seven recommendations, reminds Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture. Why substitute another food for potatoes when they are so plentiful and you can serve them in many ways? Potatoes are an important source of ascorbic acid or vitamin C (even though the quantity is not as great as in some others foods) because potatoes are so frequently eaten.

If mashed potatoes are one of your family favorites, you can add variation by stirring in small cubes of left-over ham, minced onion, or other chopped vegetables. If you want to combine the flavors of baked and mashed potatoes, serve baked stuffed potatoes. Cut large baked potatoes in half lengthwise, scoop out the inside, mash, and add fat, seasonings and milk. Stuff back into potato shells, brush top with melted fat, and brown in a hot oven.

For an extraspecial dish, serve crisp and piping hot golden potatoes. Partially boiled potatoes are peeled, brushed with melted fat, rolled in crushed dry cereal, and baked until done.

GOLDEN POTATOES

4 medium-sized potatoes
3 tablespoons melted table fat
1/3 cup crushed dry breakfast cereal
1/2 teaspoon salt

1. Boil potatoes in jackets 20 to 30 minutes or until almost done. Peel.
2. Coat each potato with melted fat and roll in cereal mixed with salt.
3. Place on greased baking sheet and bake at 500° F. about 30 minutes. Yield: 4 servings.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MARCH 27, 1950

Avoid Overfinishing Seams

URBANA--Don't overfinish seams if you want a professional-looking garment. Too much work or finish will make seams show on the right side.

Miss Florence Kimmelshue, extension specialist in 4-H home economics club work, says to finish seams only enough to keep them from raveling, except on garments where the seams may be readily seen, such as unlined coats or jackets.

The type of seam finish you use depends on the firmness of the weave of the cloth. For example, the edges of a firmly woven cotton, such as 80 square percale, may ravel very little and may not need any finish. Or a pinked seam may be enough.

For cloth of medium firmness, such as rayons or wool flannel, stitch the edges by machine about one-eighth inch from the edge of the cloth. Overcasting by hand is another finish for medium-firm cloth. A quick trick in overcasting is to put the needle over and over the edge of the seam several times before drawing it through the cloth.

A loosely woven cloth may require both machine stitching and overcasting. To hold the edges firm the hand stitches should cover the machine stitches. Another finish is the stitched-back one. Turn each edge of the seam back about one-eighth inch and stitch. You may use this finish on such garments as unlined jackets.

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Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MARCH 28, 1950

Serve Onions Many Ways

URBANA--A goodly supply of onions is rolling into your local markets. An inexpensive addition to your meals, use onions often to add taste appeal.

Onions can be used to enhance many foods which are rather bland in flavor. Or you can serve them as a vegetable alone--raw, cooked, creamed, buttered, baked, or in onion soup. These suggestions were made today by Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Baked and stuffed onions are easy to prepare, and flavorful too. Parboil medium-sized onions about 20 minutes. Remove a small portion from the center, and fill with a mixture of celery, nuts, and salt, or ground left-over meat. Sprinkle with buttered crumbs or grated cheese, and bake in a moderate oven (350° F.) for 15 minutes.

You can broil onions while you're broiling meat patties for a meal. Slice the onions in one-half-inch pieces, brush with cooking oil or melted table fat, and broil for five minutes. Turn them over, brush with fat, and broil for five more minutes. Sprinkle soy sauce over the onions, and broil for one minute.

A small amount of onion juice added to mashed potatoes gives a good flavor, Miss Acker says. An easy way to get onion juice is to cut an unpeeled onion in half, and squeeze it just as you would an orange or lemon on a lemon squeezer.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MARCH 29, 1950

Test Dress Material, Trimmings Before Washing

URBANA--If you don't know whether it's safe to launder a dress, test the material and trimmings carefully before washing. The material may be color fast but trimmings, reinforcements, or shoulder pads may not be, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

The reinforcing piece which is found on each side of all well-made dresses to give the edge firmness and support buttonholes or hold buttons may not be washable. Check it for color-fastness by rubbing an inconspicuous place with a damp cloth. If the color runs, it may be wise to dry clean the dress. If you do not wish to do this, try to remove the reinforcement before washing.

Shoulder pads may be covered with the dress material but stuffed with colored material which "bleeds." Rip a small amount of stitching to test the stuffing for color-fastness. Remove shoulder pads before washing if they are not color fast.

Some buttons may melt if touched by a hot iron. If this is likely to happen, remove all buttons before washing. Even buttons

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without shanks may be treated so that they can be fastened to the dress with pins. This makes them readily removable for the next laundering or dry-cleaning.

To keep original texture or shape, some dress materials must not be ironed. They should be pressed under a press cloth, or pressed with a steam iron and press cloth. Pressing is done by lifting the iron every time you wish to move it, instead of pushing it along on the cloth.

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A Lift for Old Potatoes

If you want to bake old potatoes and the skins are tough or shriveled, try this suggestion from Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture:

Coat the peeled potatoes with a good edible fat (bacon drippings, vegetable shortening, or margarine). Bake in a 450° F. oven about 60 minutes for medium-sized potatoes. Result is a mealy potato with a crisp brown crust.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MARCH 30, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Vegetables--Use cabbage often in your spring meals. Serve it raw, in salads with other vegetables or fruits, creamed, buttered, or many other ways. For top quality cabbage, look for well-trimmed, reasonably solid heads that are heavy for their size and show no discolored veins.

Choose carrots which are well-shaped, firm, smooth, and fresh in appearance. Avoid soft, wilted carrots, because they are usually old and lack flavor. Carrots which are rough and forked are wasteful.

Fruit--Look for grapefruit which is heavy, firm, smoothly textured, and well-rounded. Weigh the fruit in your hands; heaviness is a good indication of juice content. Avoid coarse, puffy, and rough fruit. Minor surface blemishes do not affect eating quality, but a bad bruise may mean an internal breakdown which affects quality.

Chicken--For broiling, select a plump, young chicken about eight to 12 weeks old, and weighing not over 2 1/2 pounds dressed. Breaking the joints and removing the wing tips make broiled chicken easier to manage on the broiler pan and the plate.

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OOC:lw
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FOR RELEASE THURSDAY, MARCH 30, 1950

Stitch Backward and Forward on Your Sewing Machine

URBANA--You can adjust your sewing machine to sew backward and forward even if it doesn't have a mechanical control for this purpose.

This technique is handy to darn or reinforce washcloths, bath towels, children's clothes or any badly torn fabric where it isn't important for the mend to be invisible. Or with the use of a darning foot attachment, you can even mark your linens with your name or initials while the machine is adjusted this way.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, suggests this technique and says that you move the cloth with your hands when the machine does not have a lever to change the stitch direction.

These few simple adjustments will prepare your machine to sew backward. First, shorten the stitch to the shortest point. The feed dog will then have such a short movement backward that it will hardly move the cloth.

Next, release pressure on the presser bar slightly by turning the screw to the left a few times. Place the material you're going to sew in a frame or embroidery hoop to hold it taut. Set the hoop under the needle so that the wrong side of the cloth in the hoop touches the machine table. This means that you will look at the right side of the mend as you work. Let the presser foot down and sew. Move the hoop slowly back and forth, or from side to side with your hands. The length of the stitch depends on how fast you move the hoop.

Use the darning foot attachment to mark linens. Trace your signature or a pattern of your initials on the material with tracing paper. Set the work in the hoop as described above and sew. Make the needle follow the marked design by moving the hoop with your hands.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MARCH 31, 1950

Cool Electric Range Before Cleaning

URBANA--Clean your electric range often. Don't save it for a spring housecleaning task.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says a good rule to follow when you clean your electric range is "turn the switch off first and wait until the stove cools."

Wash the range with a cloth wrung out of warm soapy water. If there are stubborn spots on the enamel finish, use a finely powdered cleaner such as whiting. Use only a small amount, rub lightly, then rinse and dry the surface.

Oven racks and drip pans may be washed in hot, soapy water. Rub lightly with a fine steel wool to remove stains; then rinse and dry. Caution: Never use a coarse, gritty scouring powder on any enameled part of a stove, as it may injure the surface glaze.

Keep the pans beneath the surface units clean. If they are removable, lift them out and wash like any cooking utensil. If you can't take them out, wipe with a damp cloth and dry.

Clean the drip trays frequently, since spilled foods may mar the finish and rust the trays. Follow the manufacturer's directions for cleaning the oven units.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 1, 1950

Make French Onion Soup

URBANA--Use onions often in your meals while they are so inexpensive and plentiful. You have several varieties from which to choose--the Yellow Globe--a midwestern dry onion, sweet Spanish onions, or Texas onions. Choose the variety to suit your needs and your purse.

Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture, says French onion soup takes little preparation and is a tasty addition to your meals.

FRENCH ONION SOUP
(Yield--Eight 1/2 c. portions)

6 medium onions, sliced
3 tablespoons butter or margarine
1 quart boiling water
5 bouillon cubes
Salt and pepper
3 slices toast, halved
1/2 cup grated Parmesan cheese

1. Sauté onions in table fat until lightly browned--about 10 minutes.

2. Add water and bouillon cubes or one quart of soup stock.

3. Bring to boil and simmer 15 minutes. Season.

4. Pour into soup plates; float toast on top and sprinkle lightly with cheese.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 3, 1950

Easter Dinner--Make It Simple and Easy

URBANA--For Easter dinner plan a simple menu with few last-minute preparations so that you can be a gracious hostess and enjoy the day.

This suggestion was made today by Miss Margaret Goodyear, home management specialist, University of Illinois College of Agriculture.

Plan the menu so that you have nothing to do the last hour but cook the vegetable, pop the rolls into the oven, and serve the food.

Choose an easy method of preparation whenever you can. For example, baked potatoes require less time than mashed potatoes, and buttered vegetables need less preparation than creamed vegetables.

Eliminate extras wherever you can. Serve a relish or salad instead of both dishes. Plan a type of service where your guests might be able to help you.

When you have your menu planned, check to see what things can be done ahead of time. Many people don't think of setting the table until the last minute, Miss Goodyear says. You may be able to do it several hours ahead of time.

Don't forget to save time for grooming; it's important for your role as a gracious hostess.

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OOC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 4, 1950

Use That New Equipment Often

URBANA--Do you have a new vacuum cleaner, dishwasher or ironer in your house? If you do, are you making the most efficient use of it?

Getting a new piece of equipment usually means learning a new skill or changing a habit, says Miss Margaret Goodyear, home management specialist, University of Illinois College of Agriculture.

Learning a new skill takes time and a great deal of practice. But frequent use of new equipment is the only way you'll get your "money's worth." Practice to make perfect.

For example, using an ironer for flat pieces is easy. But using it for a shirt is more difficult and requires more skill. Use it for shirts whenever possible, and you'll soon master the skill.

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FOR EASTER BREAKFAST--Prepare eggs a special way for Easter breakfast. An Easter egg basket is quick and easy to make, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

To make an egg basket, separate the eggs, and beat the whites with a small amount of salt until stiff. Drop a spoonful of the beaten egg whites on a greased cookie sheet, and form a small indentation in the center Place the yolk in this center and bake in a 350° F. oven for 15-20 minutes.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 5, 1950

Prepare Jersey for Sewing

URBANA--Wool jersey--that popular spring fabric--needs preshrinking before sewing, especially if the garment is to be washed and cared for at home.

Miss Mary Jane Rice, clothing specialist, University of Illinois College of Agriculture, says preshrinking is necessary because tubing may lose as much as three inches in width (six inches from the complete width of 54-inch fabric) during the shrinking process, and a comparable amount in length.

If the grain of the knitted fabric needs to be straightened and adjusted, do it in the preshrinking process. Run a long basting stitch down the length of the fabric, carefully following one wale or set of loops in the knitted goods. It may be helpful to fold the tubing on the one marked line and find the wale exactly opposite the mark.

To preshrink jersey, lay out the fabric smoothly on a doubled sheet that has been thoroughly saturated with clear water. Be sure the jersey is folded on the marked lines so as to give the fabric perfect grain. Fold the end of the wet sheet over the end of the jersey about 12 inches. Roll or continue to fold the remaining sheet and jersey together. Wrap the roll in a wet towel and keep well dampened for 24 to 36 hours.

After the jersey has absorbed much of the moisture, remove it from the wet sheet and lay it out for drying. Place it on clean wrapping paper which is perfectly smooth and on a flat surface. Smooth the jersey out carefully, and keep the marked grain lines on the tube folds of the fabric and perfectly straight. Be careful not to stretch or pull the fabric out of shape. Measure the width of the jersey and make sure it is the same throughout the entire length. When dry, the jersey is ready for sewing.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 6, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Vegetables--Plan your spring menus to include celery in many ways--as a relish, braised, or in cream of celery soup. For top quality, choose celery which has stems or stalks of medium length and thickness, and brittle enough to snap easily. A good heart formation usually indicates good celery too.

Fish--Check the supply of fresh and frozen fish at your local markets. If your meal preparation time is limited, choose fillets for dinner. Fillets are the meaty sides of the fish cut lengthwise away from the backbone and are about 5/8 inch thick. A pound of fillets will give three average servings.

Processed foods--Look to the processed foods counters for such plentifuls as canned peaches, raisins, dried prunes, canned corn, canned lima beans, and dry beans. Stock your kitchen cabinets so you'll have a ready supply.

Eggs--Use that extra egg today to prepare egg toast for breakfast. Make it by adding three-fourths of a cup of milk and a quarter teaspoon of salt to one or two beaten eggs. Mix thoroughly. Dip both sides of the bread slices into the egg mixture. Melt a little fat in a frying pan, and brown bread on both sides over moderate heat.

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FOR RELEASE THURSDAY, APRIL 6, 1950

Prepare Hot Cross Buns Now

URBANA--Plan today for your Easter breakfast. Prepare hot cross buns so that they'll only need browning and frosting on Easter morning.

This suggestion was made today by Miss Frances Cook, foods specialist, University of Illinois College of Agriculture. The buns are baked at a low temperature and then browned for a few minutes at a higher temperature just before serving.

Let the dough rise about 35 minutes, or until it's only three-fourths as light as usual. Bake the buns in a 275° F. oven for 40 minutes. Cool, wrap in waxed paper and store in the bread box until Easter. For serving, brown the buns for 7 to 10 minutes at 450° F. If desired, frost the crosses with a thin powdered sugar frosting.

HOT CROSS BUNS
(Yield: 3 dozen)

2 packages yeast, compressed or dry
1/4 cup lukewarm water
1 cup milk
1/4 cup melted shortening
1/2 cup sugar
1 teaspoon salt
2 eggs, beaten
1 cup currants
1 teaspoon cinnamon
1/4 teaspoon allspice
5 cups sifted enriched flour

1. Soften yeast in lukewarm water. Scald milk. Add shortening, sugar and salt. Cool to lukewarm. Add flour to make a thick batter.

2. Add yeast and eggs. Beat well. Add currants, spices, and enough flour to make a soft dough. Turn out on lightly floured board and knead until satiny. Place in greased bowl. Cover and let rise about 35 minutes.

3. When light, shape into small buns and place on a greased baking sheet. Let rise until the dough is 1 1/2 times its original size. With knife or scissors, cut a small cross in the top of each bun.

4. Bake in a 275° F. oven for 40 minutes. Cool, wrap, and store.

5. For serving, brown in a 450° F. oven for 7-10 minutes.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 7, 1950

Choose Children's Patterns With Growth and Comfort in Mind

URBANA--Consider growth and comfort when you select the pattern and make clothes for your child's summer wardrobe.

Miss Dorothy Durrell, clothing specialist, University of Illinois College of Agriculture, says this is especially important in play clothes, such as overalls or slacks. Be sure to choose a pattern which is the correct size, and make adjustments in it to allow for growth. Garments that are too large may be hazardous for your child.

In slacks or overalls, add two inches or more to the bottom of the legs and the shoulder straps to allow for height growth. Machine stitch the hems on the trouser legs to make them secure and keep them from ripping out while the child is dressing or undressing.

Place several buttons or grippers on straps, and space them correctly so that changes in fasteners will not be necessary. To minimize the annoyance of slipping straps, make play togs with a built-up back, such as in men's overalls.

Allow for growth in the crotch measurement. Add one inch at the lowest part of the crotch seam--where the crotch seam joins the inside leg seam. This increase should be tapered off to nothing at the waist band.

Much of your child's playtime is spent in stooping or kneeling. To allow plenty of stooping room, tuck in the sides of the seat of the overalls and the top of the waist band. Knit cuffs on pants legs will allow stooping room and yet keep the bottom of the legs snug enough to avoid accidents.

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FOR RELEASE FRIDAY, APRIL 7, 1950

Isabel Bevier Lecture April 28 Open to the Public

URBANA--The third Isabel Bevier lecture series, sponsored by the department of home economics, University of Illinois, will be held at Urbana Friday, April 28. The discussion will be "The Responsibility of Colleges in the Education of Women." The public is invited.

Dr. Bancroft Beatley, president of Simmons college, and Dr. Florence Kluckhohn, social relations lecturer and research associate, Harvard university, will voice their opinions in the symposium. These two well-known educators will discuss how colleges can train for homemaking, whether a career and homemaking can be successfully combined, and what the homemaker's responsibilities are to society.

This series of lectures was made possible by the late Isabel Bevier, founder of the University of Illinois home economics department, who bequeathed a sum of money to establish a lecture fund in the department of home economics. The income from this fund is to be used for a series of lectures on the scientific, economic, esthetic, and social aspects of home and family life.

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Homemaking
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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 8, 1950

'se Sauces, Toppings to Pep Up Vegetables

URBANA--If your supply of a certain home-canned vegetable eems endless and tiresome, add fresh interest and flavor with a crumb opping, a tasty sauce, or slices of onions and radishes.

These suggestions were made today by Miss Frances Cook, oods specialist, University of Illinois College of Agriculture.

A good way to dress up snapbeans, for example, is to cook small amount of onions and radishes with them. Boil the bean liquid or several minutes. Add radishes and onions and cook for a short lme. Don't slice the radishes too thin, as they cook rapidly.

To make a crumb topping, add bread crumbs which have been oated with fat and flavored with grated onion, grated raw carrots, nd chopped parsley.

For a quick cheese sauce, add grated or chopped processed heese to the snapbeans as you take them off the stove. The cheese ill melt to form a tasty sauce. But remember that sauce is an ac- ompaniment, and serve only a small amount of it with the food.

A variation of white sauce which is especially good for uliflower, asparagus, broccoli, or croquettes is a Mornay sauce. o one cup medium white sauce (when it is thick) add 1 cup (1/4 pound) rated cheese and stir until the cheese melts. Season with 1/2 aspoon prepared mustard, 1/2 teaspoon Worcestershire sauce, and 1 blespoon lemon juice. Yield 1 1/2 cups.

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Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 10, 1950

hile You Are Housecleaning...

URBANA--Combine spring housecleaning jobs with steps to make uture cleaning easier and less time-consuming.

This suggestion was made today by Miss Catherine M. Sullivan, ome management specialist, University of Illinois College of Agricul-ure.

Plan special protection for areas subject to soil, such as round the sink, stove, or light switches. Arrange furniture so that t won't cause marks or other soiled areas on the walls. Perhaps you an rearrange beds so that they can be made more easily.

Provide hooks in closets so that children can reach them asily to hang their clothing. If the children are trained to take are of their personal possessions, much daily, weekly, and perhaps easonal cleaning may be eliminated.

While you are cleaning or rearranging your closets, take out tems you'll need for the summer, such as clothing, vases for flowers, asy-to-launder summer curtains, or outdoor play equipment. At the ame time, pack winter clothing, hobby supplies, etc. Label boxes or rawers in which you store these items, so that they'll be easy to find hen you want them.

If there are accessories in the room which make dusting a roblem, store them for the summer months. Much of your time will be pent in the garden or other outdoor activities during the summer.

If you are selecting new wall or floor finishes, do it with n eye to how much time or energy it will take to keep them attractive.

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Homemaking
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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 11, 1950

Pageant Chosen for State Fair and National Celebration

The Illinois Rural Chorus will stage the same three-part pageant at the State Fair August 11 and at the National Sesquicentennial Celebration in Washington, D.C., August 26.

Twenty-four counties have already expressed a desire to participate in this spring and summer project, says James K. Van Slyke, director. These counties are Bond, Carroll, Clay, Edgar, Kane, Kankakee, Kendall, LaSalle, Lake, Lawrence, Madison, McDonough, McLean, Mason, Massac, Menard, Moultrie, Rock Island, St. Clair, Stephenson, Vermilion, White, Winnebago, and Will.

Twenty core rehearsal locations will be set up in the state. Van Slyke will serve as coordinator of the project. Sherman Schoonmaker, head of the piano department, University of Illinois School of Music, will do all the accompaniment for the state chorus.

The three-part pageant consists of a folk opera, "Down in the Valley," a square and folk dance festival, and a choral tribute to Abraham Lincoln. The folk opera will include, in addition to the state chorus, soloists chosen from different county choruses. Also participating will be A-rated folk and square dance groups from the February festival.

"This is the first time the chorus will sing on the first day of the fair," Van Slyke said. Also, during the day, each individual county chorus will have the opportunity to sing alone in radio hall on the fair grounds and to be rated by a critic judge. This will supplant the previous recording sessions on a district basis.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 12, 1950

Save Time--Make Batter Yeast Breads

URBANA--Batter yeast breads which require no kneading or haping may be the answer to a busy homemaker's schedule.

You save time because you don't have to use the rolling pin r the bread board or shape the rolls. Mrs. Pearl Janssen, foods pecialist, University of Illinois College of Agriculture, says, "The rain of this bread and rolls isn't quite so fine as that which is neaded and allowed to rise. Otherwise, there is little difference n the product," she added.

Recipes developed by Mrs. Janssen are oatmeal bread, rice read, raised muffins, almond coffee puffs, and hot cross puffs. Quick atter doughnuts are also included.

To get a copy of these recipes, write the University of Illinois College ofAgriculture, Urbana.

OATMEAL BREAD
(1 small loaf)

Temperature: 450°F. 10 min.
350°F. 35 min.

Time: 45 min.

1 cup milk, scalded
or
1/2 cup evaporated milk and 1/2 cup hot water
1/4 cup rolled oats
1/4 cup brown sugar
1 teaspoon salt
1 yeast cake
2 to 2 1/2 cups all-purpose flour
1 tablespoon fat

1. Pour scalded milk or hot water over uncooked rolled oats, sugar, salt, and fat in mixing bowl. Then add evaporated milk, if used. Cool until lukewarm.
2. Crumble yeast into cooled mixture. When yeast is softened, add 2 cups of flour; beat well; add enough flour to make a stiff batter.
3. Cover and let rise until double in bulk.
4. Stir batter and turn into well greased bread pan; press smooth with dampened spoon; let rise until double in bulk. Bake.

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Homemaking
Radio News

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FOR RELEASE THURSDAY, APRIL 13, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Vegetables--For tasty and inexpensive flavor in your spring meals, serve onions often. To choose top quality, look for clean, hard, well-shaped onions with dry skins. Don't buy those with sprouted seed stems and moisture at the neck; these are "past-the-prime" indications.

When you buy rhubarb, select fresh, large, crisp and straight stalks of red or cherry color. Condition of the leaves is a reliable guide in judging freshness.

Cheese--Check the supply of cheese at your local markets. You'll find a varied array with flavors to suit almost any taste. Natural cheese, like processed cheese, is now available in many places in consumer-sized packages.

Fish--Heavy supplies of smelt and lake herring are available at wholesale fish markets. Check at your local markets. Watch for arrivals of blue pike, yellow perch, and yellow pike.

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FOR RELEASE THURSDAY, APRIL 13, 1950

Senior Hospitality Day--April 15

URBANA--High school senior girls within a 50-mile radius of the University of Illinois and in Champaign-Urbana will be guests of the department of home economics Saturday, April 15. The event is the first annual Senior Hospitality Day.

Planned by the newly formed student council under the guidance of the home economics faculty, Hospitality Day is designed to acquaint prospective students with the campus, to help them with their questions, and to introduce them to work in home economics.

The day's activities begin at 9:30 a.m. with registration and a get-acquainted session. Next on the program is a skit on college life and an introduction of "People You'll Want to Know on Campus." Questions on admittance, housing, and curriculum will be answered.

At 11 o'clock, a tour of the home management house is planned. Luncheon in the home economics cafeteria will be provided if desired.

Following the luncheon are tours and laboratory demonstrations by students. A style show by home economics students will present "Clothes That Go to College."

Members of the student council, which acts as a spokesman for students enrolled in home economics, are Marilyn Roush, Manito; Louise Hodam, Bement; Patricia Shelden, Rockford; Constance Walker, Canton; Rosemary Archibald, Joliet; Barbara Murphy, Carthage; and Marian Ryan, Chicago.

Plans are to make Senior Hospitality an annual affair, and eventually a larger number of schools will be invited.

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FOR RELEASE FRIDAY, APRIL 14, 1950

Check Your Pressure Canner Now

URBANA--Prepare for the spring canning season now. Check your pressure canner so that you can make all necessary repairs or replacements before the busy time.

Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture, says to check the pressure gage and safety valve to see that they work freely and are not corroded or rusted.

Examine the openings to the petcock, safety valve, and pressure gage for cleanliness. Canning may be hazardous if these openings are clogged. The safety valve may fail to work when the pressure becomes too high, dial or slide pressure gages may not register correct pressure, or all the air may not be driven out in 10 minutes.

Clean the petcock or safety valve openings by drawing a string or narrow strip of cloth through them frequently. Never use sharp tools that may nick or damage the openings.

Clean the edges of the kettle and cover. Dried food, dirt, or scale formed by hard water on either edge may prevent a tight seal and allow steam to escape.

If the canner has a rubber gasket, keep it clean and free from grease. If the gasket is worn and does not give a perfect seal, you may need to order a new one from the manufacturer of your canner. Some types of rubber gaskets may be turned upside down when they no longer give a perfect seal in the original position.

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Homemaking
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FOR RELEASE SATURDAY, APRIL 15, 1950

How to Make a Window-Cleaning Liquid

URBANA--To make your soiled windows sparkle, use this window cleaning solution suggested by Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Dissolve one-half tablespoon of trisodium phosphate in one-half cup hot water. Then stir in four tablespoons of whiting powder, and add enough water to make one quart of a smooth mixture.

Before you use the liquid, remove surface soil from the window with tissue or soft paper. Shake the liquid well and, with a soft cloth, apply it to the glass and let dry. Then polish with a clean dry cloth.

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Refinishing Picture Frames?

URBANA--If you want to brighten up an old picture frame with paint during spring housecleaning, here is a suggestion from Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Clean the frame; then paint it with several coats of water-base paint. Before the paint is dry, rub small sections off so that the gold or silver color of the original paint shows through.

Make the picture and frame a part of your wall treatment. You may even paint a frame the same color as the wall. In that way, Miss Iwig says, the interest is solely in the subject of the picture.

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Homemaking
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FOR RELEASE MONDAY, APRIL 17, 1950

Select Top Quality Asparagus for Freezing

URBANA--Asparagus is on the way to market from southern Illinois. Prepare some for the freezer, so that you can ejoy its tastiness during the fall and winter months.

Select top-quality asparagus for freezing, says Dr. Frances D. Van Duyne, foods research specialist, University of Illinois College of Agriculture. For freezing, asparagus should be picked at the stage when it is best for eating.

Select asparagus which has been grown under favorable weather and soil conditions. Undesirable characteristics are likely to be magnified during freezing; for example, woodiness is more noticeable after freezing and storage than before.

Wash the asparagus thoroughly in clean cold water. Sort carefully; discard all tough stalks or those which are injured, bruised, or otherwise not up to standard. Cut tips either into lengths to fit the cartons or into pieces one inch long.

Weigh a small quantity of the vegetable in a wire basket or sieve and lower it into a kettle of boiling water. Blanch for three minutes, counting the time from the moment it is placed in the water.

When the asparagus has been in the water the required time, lift it out and plunge it into a large container of cold water. You may use running cold water or ice water. Drain the asparagus thoroughly, and pack it just as soon as it is cool.

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Homemaking
Radio News

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FOR RELEASE TUESDAY, APRIL 18, 1950

For Quick Muffins or Waffles--Make a Muffin Mix

URBANA--Prepare a muffin mix so that you can have many variations ready as quick as a wink when your time is limited.

You can make a large quantity of the basic recipe and use it as needed. At your fingertips will be such variations as orange or spice muffins, waffles, and many others.

This suggestion was made today by Miss Winona Brower, foods research laboratory, University of Illinois College of Agriculture. Remember that muffins require special care when mixing the liquid with the dry ingredients. Stir (do not beat) only until the dry ingredients have been wetted.

MUFFIN MIX

8 cups sifted all-purpose flour
3 tablespoons double-acting baking powder
2 teaspoons salt
1/2 cup sugar
1 cup shortening

Sift dry ingredients together. Cut in fat until mixture is like coarse meal. Store in covered container.

To use the muffin mix for plain muffins, combine 3/4 cup milk and 1 beaten egg. Pour into a well in 2 cups of the mix. Stir only until all flour is moistened. Fill greased muffin tins 1/2 to

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2/3 full and bake at 425° F. for about 15 to 20 minutes. (For sweeter muffins, add 2 tablespoons sugar.)

For orange muffins, add 1/4 cup sugar and 2 tablespoons grated orange rind to 1/4 cup orange juice plus 1/2 cup milk, and substitute that for the milk in plain muffins, following that recipe.

For spice muffins, add 1 teaspoon cinnamon, 1/2 teaspoon allspice, 1/2 teaspoon cloves, 1 teaspoon nutmeg, and 2 tablespoons sugar to dry ingredients, following the plain muffin recipe. Place on each muffin a wedge of apple dipped in sugar, and sprinkle with cinnamon and sugar mixture.

To make waffles, combine 1 beaten egg yolk with 2/3 cup milk and stir into 2 cups of muffin mix. Fold in 1 egg white beaten until stiff and fine but moist. Bake on preheated waffle iron.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 19, 1950

An Easy Way to Make a Belt

URBANA--Sewing for summer is in full swing again. Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says it is easy to make belts at home if you follow step-by-step directions.

Accurate measurements are of first importance, Miss Carl says. Measure your waistline to see how long your belt must be. Add 5 inches to this length for lapping. Decide on the width of your finished belt. Then take three times this width and add one-half inch. For example, if you want a belt one inch wide, the strip of cloth should be three and one-half inches wide.

Cut a strip of cloth as long as your waist measurement plus five inches and the necessary width. Turn in one inch along the length of the strip on the wrong side.

To measure this one inch accurately, use the stitching gauge of your sewing machine. Set it one inch from the needle, and make a row of stitching where you are going to make the fold. Fold on the line of stitching and press. Cover the one inch through both thicknesses with rows of stitching, using the small side of the presser foot as a guide for the distance between the rows.

Measure one-half inch on the raw edge of the strip, using the stitching gauge and a row of machine stitching as you did for the other fold. Turn to the wrong side of the line of stitching and press.

Fold the belt in half lengthwise, right sides together. Stitch across one end, making a point. Stitch straight across the other end. Fasten ends of stitching firmly. Trim close to the stitching on the ends and snip off corners. Turn the belt to the right side. Stitch close to the edge all around the belt. Or you may fill in the entire width of the belt with rows of stitching, if you prefer.

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Homemaking
Radio News

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FOR RELEASE THURSDAY, APRIL 20, 1950

he Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food upplies which are plentiful at local markets. Tips for bargain buys ome from Miss Frances Cook, foods specialist, University of Illinois ollege of Agriculture.

Vegetables--When buying asparagus, select firm, fresh stalks hich are fairly straight. The tips should be compactly pointed. Avoid sparagus with wilted stalks or loose tips; it's an uneconomical buy.

For good-quality lettuce, look for heads which are fresh apearing, solid, and heavy. Choose potatoes which are sound, smooth, hallow-eyed and reasonably clean. Avoid wilted, leathery, and disolored potatoes.

Fruits--Heaviness is a good indication of grapefruit juice ontent. Select those which are heavy, firm and smooth textured with well-rounded shape. Avoid coarse, puffy and rough grapefruit.

Chicken--For fryers, select plump young chickens about 14 20 weeks old weighing between two and one-half and three and onelf pounds dressed. If you are frying several birds at once, or if n space is limited, remove pieces from the frying pan before they e entirely done and finish in a moderate oven (300 to 350° F.).

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FOR RELEASE THURSDAY, APRIL 20, 1950

How to Freeze Eggs

URBANA--Prepare some eggs for the freezer while they are so plentiful and inexpensive. You can freeze whole eggs or the whites and yolks separately, depending on your needs.

Use the whites for angel food cakes or meringues, the yolks for salad dressing or cakes, the whole eggs for desserts, baking, omelets, custards, souffles, etc.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, says, "Select top-quality eggs for freezing. Use clean, infertile eggs with sound shells."

To freeze the whites alone, separate them from the yolks. You needn't add anything or mix the whites. Just package and freeze.

To prepare egg yolks for freezing, separate them from the whites and add two tablespoons sugar or one teaspoon salt to each pint of eggs, depending on the use you will make of them. For cakes, desserts, or baking, add sugar; for custards, omelets or scrambled eggs, add salt. Blend the yolks carefully and thoroughly. Be very careful not to whip air into them. Strain the mixture; package and freeze immediately.

When you freeze whole eggs, first break each egg into a saucer to be sure it is odorless. Then pour into a clean mixing bowl; break the yolks and mix the whites and yolks thoroughly with a rotary beater. One caution--do not whip air into the eggs; avoid beating vigorously. Strain the mixture, package and freeze.

For convenience, be sure to label each package to show date, contents, amount and intended use.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 21, 1950

Make a Cleaner for Your Cabinets and Woodwork

URBANA--You can make a cleaner for your kitchen cabinets or woodwork. It is a kerosene emulsion which quickly cleans and polishes painted, enameled, and varnished wood surfaces.

This suggestion was made today by Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

To use this cleaner, just apply a small amount to the soiled woodwork with a soft cloth. Rub dry, using a clean, soft cloth.

KEROSENE EMULSION

1 quart hot water (120 to 130° F.)
1 teaspoon trisodium phosphate
3 to 4 ounces beeswax OR (1/2 beeswax and 1/2 paraffin wax)
2/3 cup kerosene

Dissolve the trisodium phosphate in the hot water. (When soft water is used, use only 1/2 teaspoon trisodium phosphate.) Melt the wax in an aluminum utensil, remove from the stove, and add kerosene. While rapidly stirring this melted wax and kerosene solution, slowly add the hot water solution. If the emulsion separates while standing, shake before using.

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FOR RELEASE SATURDAY, APRIL 22, 1950

For Clean Recipe Cards

URBANA--A tip for keeping your recipe file cards clean midst busy baking and cooking comes from Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture.

Mix equal amounts of shellac and thinner (denatured alcohol) and spread a thin coat on each card. Result is a smooth surface which you can wipe with a damp cloth if ingredients fall on it.

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Clean Furniture Before Shampooing

URBANA--If you're going to shampoo your furniture this spring, be sure to vacuum it thoroughly first, says Miss Dorothy Lig, home furnishings specialist, University of Illinois College of Agriculture.

Use a whisk broom if you don't have a vacuum cleaner. It is important to remove dust and dirt so that it won't spread during the shampooing process.

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Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, APRIL 24, 1950

Brownies--For the Freezer

URBANA--Prepare some cookies or brownies for your home freezer so that you can answer that frequent spring request for "more cookies, Mom."

Recent research at the University of Illinois foods laboratory has resulted in recipes and methods for freezing brownies, cookies, and fruit and chiffon pies, says Dr. Frances Van Duyne, associate professor of foods. Some cookies, brownies, or pies may be baked and then frozen, or frozen before baking.

BROWNIES
(Sixteen 2-inch squares)

2/3 cup sifted all-purpose flour
1/2 teaspoon double-acting baking powder
1/4 teaspoon salt
2 one-ounce squares unsweetened chocolate
1/3 cup shortening
1 cup sugar
2 eggs, well beaten
1 teaspoon vanilla
1/2 cup walnut or pecan meats

Sift flour, baking powder, and salt together. Melt chocolate and shortening over boiling water. Add sugar gradually to eggs, beating thoroughly. Add chocolate mixture and blend. Mix in dry ingredients; then add vanilla and nuts. Bake in a greased pan, 8 x 8 x 2 inches, in a moderate oven (350° F.) for 30 minutes. While still warm, cut into squares. Remove from pan and cool.

Wrap in cellophane or metal foil with pieces of either material between the layers. Seal and freeze immediately. To serve, thaw brownies in the wrapping at room temperature.

For a copy of revised Circular No. 618, "Freezing Cooked and Prepared Foods," write the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, APRIL 25, 1950

'revent Those Washday Wringer Accidents

URBANA--Make washday a safe day. Take steps to prevent 'ringer accidents, especially if there are young children in your .ome.

Each year in Illinois, according to the Illinois Safe-Homes ccident reports, some small children get their hands caught in wring-rs. Miss Gladys Ward, home management specialist, University of Il-inois College of Agriculture, says these accidents can be prevented 'ith a few "before thoughts" on safety.

First, always turn your washing machine off when you are not sing it or when you leave the laundry room (even for one second) at ny time. In one accident, although a mother turned the wringer off, he child climbed onto a stool and turned the switch. Be safe: always isconnect the machine when it is not in use.

Keep stools out of the laundry room. Stools or chairs near ne machine invite climbing and investigation, which is a "natural" or children. Provide a safe playpen so that your child can't get ear the machine while you are working.

Provide laundry space in or near the kitchen or in a util-ty room off the kitchen when there are young children in the family. odern washing machines are just as respectable looking as other kit-hen equipment. If you are remodeling or building a home, plan a tility space in or directly off the kitchen.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, APRIL 26, 1950

Look for New Poultry Grades

URBANA--Next time you buy poultry for your family meal, examine it for a grade or label. That bird may have been graded and inspected under the new poultry program which went into effect January 1, 1950.

S. F. Ridlen, poultry specialist, University of Illinois College of Agriculture, says that the United States Department of Agriculture's revised program for inspection and grading of poultry features new informative labels. Also under this program are simplified terms for describing poultry and sanitation requirements in all official" poultry-processing plants.

The use of this program, Ridlen explains, is voluntary. Not every bird on the market will be graded or inspected officially. Regulations apply only to those members of the poultry industry who request grading and inspection services. These processors must follow USDA regulations; then they may use the letters "U.S." on their labels.

The official grade label will be in the form of a shield, which will tell the quality (U.S. Grade A or B); the style of processing (dressed or ready-to-cook), and the class (for example, stewing chicken, young turkey).

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U.S. Grade A will have no deformities (such as crooked breastbone), will be well fleshed (full breast and meaty legs), will have fat well distributed under the skin, and will have practically no tears or bruises and few, if any, pinfeathers.

A bird of U.S. Grade B quality will fall short of these standards in one or more respects. Birds of C quality (still lower in quality) will not be individually labeled. Birds that show evidence of any condition that may make them unwholesome or unfit for food are not included in any official grade.

The inspection mark is a circle which means that the ready-to-cook poultry has been inspected for wholesomeness by a federal veterinarian. This means that the bird and its internal organs have been examined and have been found free of evidence of any condition that may make the bird unwholesome or unfit for food.

A combination label--the shield within a circle--means that ready-to-cook poultry has been both graded and inspected.

These labels may be on the bird itself, or on the package, in the case of individually packaged poultry.

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ow-to-Clean Leather Upholstery

URBANA--If you have some leather upholstery that needs cleaning, use saddle soap or commercial leather cleaner, says Miss Dorothy wig, home furnishings specialist, University of Illinois College of griculture. Follow the directions and clean only a small area at a ime. Then rub the surface with a dry, soft woolen cloth.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, APRIL 27, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain-buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Vegetables--Look for goodly supplies of beets at your local market. Select those which are free from blemishes and are firm and smooth. Avoid beets which are soft or shriveled.

Processed Foods--Now is a good time to stock up on canned peaches, canned corn, and canned lima beans. For a tasty dish, serve broiled peaches with ham. Drain the sirup from halves of large canned peaches. Place the halves in a shallow baking dish, pit side up. Pour a small quantity of melted butter or other fat over them, and salt lightly. Broil under a flame or bake in an oven until the peaches are hot through and lightly browned.

Fish--Check your market for supplies of yellow perch, yellow pike, whitefish, and blue pike. The Chicago wholesale fish market reports an increase of these types which come from Lake Erie.

Eggs--Be sure to put eggs under refrigeration as soon as you get them home from market. To keep the quality in eggs you buy, store them in a covered container in a clean, cold refrigerator. This will help to prevent loss of moisture and absorption of flavors.

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FOR RELEASE THURSDAY, APRIL 27, 1950

Honor Illinois Home Advisers, Homemakers

URBANA--National Home Demonstration Week--April 30 to May 6--has as its theme "Today's Home Builds Tomorrow's World."

Illinois home advisers and homemakers will be recognized for their achievements in the home demonstration program. Three million women in the United States are now participating in this program.

The home economics extension program planned by these homemakers features good home management, nutrition, food production and preservation, use of equipment, home furnishings, family relations, consumer buying, home accounts, clothing the family, community activities and many other interests of rural and urban families.

A message from President Harry Truman to the three million women in home demonstration work says, "Your emphasis on 'Today's Home Builds Tomorrow's World' is most fitting for National Home Demonstration Week, April 30 to May 6.

"Our homes are as important to the country as they are dear to each of us. Our homes are the basis of our democratic freedom. Most of our work is done with home in mind. Home is where we turn the modern wonders of science into better, healthier, happier living. Home is where we develop future citizens, and where we lay the foundation for community and world-wide understanding.

"You who keep and improve those homes have a sacred trust. The improved homemaking practices you are adopting and demonstrating to others, as well as your organized discussion of what makes better homes, better family life, better communities, and better understanding of national and world-wide problems, are all part of the high objectives for which we in America are striving."

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, APRIL 28, 1950

leeveless Dresses--Cool, Easy to Iron

URBANA--Cool comfort and freedom of action are two advantages the sleeveless treatment for summer blouses or dresses.

Ease in pressing or ironing is another possible advantage--you use a flat finish without cuffs, says Miss Mary Jane Rice, .othing specialist, University of Illinois College of Agriculture.

You can get a flat finish in several ways. Add a simple ich-wide fitted facing of self material. Face it to the right side the garment, and stitch it down close to the folded edge of the .cing. For accent, you may add several rows of machine stitching.

Another way to finish a sleeveless dress or blouse is to e a contrasting fabric to face the armscye on the outside of the rment. Make the facing one or two inches wide. Cut if of a striped plaid material that blends with the color in the main part of the rment. For added accent, repeat this stripe or plaid on a pocket ap, Miss Rice suggests.

You may use a fitted facing with scallops right side up or rversed to points, or other simple shapes. One caution--remember to t fitted facings on exactly the same grain as that of the portion to faced.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, APRIL 29, 1950

For Teen-Agers--Plan Meals Carefully

URBANA--If there are teen-age boys or girls in your family, plan meals with a careful eye to their food requirements.

Teen-agers usually require as much or more food than adults. A teen-age boy may need more food than his father, and a girl more than her mother.

"The type of food eaten at this time is important because it affects the physical being of the growing boy or girl," says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

More protein foods are needed because of increased activity and rapid growth of bone, muscle, tissue, and organs. Teen-agers need lots of iron, as in liver, greens, oysters, peas, beans, etc. Also a slightly higher calcium intake is necessary.

To add extra calories to the diet, Miss Acker suggests that, in addition to three meals a day, you make provisions for an afternoon snack. Enriched bread, butter, jelly, peanut butter, and fruit are good snack items. Before adding high calorie foods to the diet, be sure your teen-agers are eating enough of the right kind of foods already. Include the basic seven foods in each day's menu.

Good looks and good nutrition walk hand-in-hand, Miss Acker reminds teen-agers. Eating properly will maintain a clear complexion and other characteristics of good looks.

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Homemaking
Radio News

:RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 1, 1950

Choose Easy-to-Handle Fasteners--for Children's Clothes

URBANA--Careful selection of fasteners and correct placement on the garment are important when you sew for your children. This choice may determine how soon your children learn how to dress.

Choose fasteners which are durable, light in weight, and large enough to be easily managed, says Miss Dorothy Durrell, clothing specialist, University of Illinois College of Agriculture. Avoid those which rust, fade, or lose their shape in the laundering.

If snaps or grippers are used, they should be large enough to fasten easily. Hooks and eyes are too difficult for little children to manage. Slide fasteners are easy to use, but unsuitable for some closings. Don't use them where there is any danger of pinching the skin.

Select buttons of medium size or larger. Those which are flat and round with a grooved edge are easy to hold onto. Avoid unusual shapes such as animals and flowers, and very small buttons. These are difficult, even for grown-ups.

A garment should be designed so the fasteners are easy for the child to reach. Front buttons are easiest to master, and side buttons the next. Keep the number to a minimum.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 2, 1950

Eat a Good Breakfast

URBANA--A good breakfast is the best way to start these busy pring days. For everyone--young or old, very active or just moderate-y busy--good nutrition starts at the breakfast table.

Miss Grace Armstrong, foods and nutrition specialist, Uni-ersity of Illinois College of Agriculture, said today that everyone hould get one-fourth to one-third of the day's nutrients at breakfast.

To get this amount of the day's food, breakfast might in-lude a fruit or juice (preferably citrus or tomato),cereal--hot or eady-to-eat--and top milk or bread and butter, an egg, and milk.

Such a breakfast is easy to prepare, Miss Armstrong says. rtly cooked cereal cuts cereal preparation time; ready-to-eat cereal eds only serving. Frozen or canned fruit juice requires just a few nutes to prepare.

Rising just 15 minutes earlier in the morning may give you me for an adequate breakfast.

And a good breakfast won't cost much either. A basic break-st of fruit, cereal, milk, bread and butter costs about one sixth of e daily recommended food total. Early in 1949 such a breakfast cost ly about 15 cents per person.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 3, 1950

Make Ironing Easier--Here's How

URBANA--How much time do you spend doing the family ironing each week? Is it a tiresome, fatiguing task?

Look at your ironing job critically. Examine the equipment you use, as well as its location. You may be able to save time and make ironing less fatiguing just by rearranging or making slight changes in your equipment.

Check your ironing board first. Is it firm and sturdy, and the correct height for you? Try different heights to see which is most comfortable. If height is the only disadvantage, you can lower the board by cutting down the legs. If it is too low, you can raise it by putting blocks or boards under the legs.

Miss Margaret Goodyear, home management specialist, University of Illinois College of Agriculture, says an adjustable ironing board is a good investment. Some boards can be adjusted for either standing or sitting; others for different heights while standing. Possible adjustments range from 26 to 35 inches in height.

Research has proved that you can save about 24 percent of your energy if you sit down while you iron. An adjustable board may

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cost more than an ordinary one but it is worth while, considering the time you spend ironing, Miss Goodyear says.

Then, assemble equipment in one convenient location. That's another way to make ironing easier. Choose a spot which is out of traffic, has good ventilation, adequate natural and artificial light, enough storage space, and a convenient electrical outlet.

Before you begin ironing, gather all necessary supplies. Assemble everything within easy arm's reach as you sit or stand at the board. To eliminate bending, place the laundry basket containing sprinkled clothes on a stand or chair. You can put a drying rack and hangers near one end of the board to make it convenient to hang the clothes after they are ironed.

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National Home Demonstration Week is April 30 to May 6. Illinois home advisers and homemakers will be recognized for their achievements in home economics extension work during this week.

Home advisers in Illinois devoted 23,043 days to the clothing project during 1949. Through the extension program 11,441 families received help with clothing buying problems, 29,235 families with construction problems, and 31,349 families with selection of clothing and textiles.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 4, 1950

'he Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food upplies which are plentiful at local markets. Tips for bargain-buys ome from Miss Frances Cook, foods specialist, University of Illinois ollege of Agriculture.

Vegetables--Large quantities of greens are available now. heck the supply at your local market. Leaf lettuce is one green you ay want to serve often. Select it with an eye to quality--look for resh and clean leaves which are free from rusty-looking tips.

Dry beans are in goodly supply. The United States Department f Agriculture reports there are enough beans on hand in this country o supply almost all the United States' needs for a year. Navy beans sometimes called pea beans) are most plentiful. These small, white eans are especially good for baking. Serve beans in a variety of ays--baked, in salads, stew, chowder, soup, or sandwiches.

Meat--The supply of fresh pork promises to be at a peak dur- ig May. Cured pork items are also more plentiful this month. Check he prices of various cuts at your local market to get the most for our food dollar.

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FOR RELEASE THURSDAY, MAY 4. 1950

Make Your Child's Meals Easy to Eat

URBANA--Introducing a new food to your child takes special thought and technique, says Miss Geraldine Acker, foods specialist, University of Illinois College of Agriculture.

Serve the new food in a small quantity with something else your child likes to eat. Don't use more than one new food at any meal, Miss Acker says. Within a few days, serve the same thing again, gradually increasing the portion slightly until the food is accepted.

If no one in the family makes a fuss over the new food or your child's willingness or nonwillingness to accept it, he probably will "take" to it quickly.

To make your child's meals more appealing and easy to eat, serve finger foods--strips of raw vegetables, toast, or liver, for example. Certain cooked vegetables and fruits should be cut into bite-sized pieces. Unless meat has been ground or minced before cooking, be sure to cut it into small pieces which the child can handle easily and chew well.

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Today's Home Builds Tomorrow's World

URBANA--This is the Fifth National Home Demonstration Week, April 30 to May 6. "Today's Home Builds Tomorrow's World" is the theme during this special week, when attention is focused on what rural homemakers are doing to improve their own homes and keep their families well.

Homemakers in every state, as well as in Hawaii, Alaska, and Puerto Rico, are also broadening their horizons and developing a better understanding of national and international affairs. This makes for happier homes and better communities.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 5, 1950

Get Your Pressure Canner Ready

URBANA--Before you start to can, check your pressure canner for a perfect seal.

You may need to order a new gasket or regrind the metal urfaces if the canner leaks steam, says Miss Frances Cook, foods pecialist, University of Illinois College of Agriculture.

If your pressure canner is the type with a rubber gasket, nd it leaks steam, you can order a new gasket from a hardware store r the manufacturer of the canner. Some types of rubber gaskets may e turned upside down when they no longer give a perfect seal in the riginal position.

For the pressure canner without a rubber gasket (metal-to-etal seal), you may need to regrind the metal surfaces if the canner eaks steam. Use a valve-grinding compound which you can buy at an uto supply store. Mix it with water and rub on the sealing surfaces f the canner and the lid, Miss Cook says. Turn and regrind all around he closing surfaces.

Be sure to fasten the lugs up out of the way while regrind-ng. To be sure the canner doesn't leak steam, check the seal again fter the regrinding job is finished.

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National Home Demonstration Week, April 30 to May 6, honors llinois homemakers for their achievements in their homes and communi-es. These women recognize and follow the theme of the week, "Today's me Builds Tomorrow's World."

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Homemaking
Radio News

:RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 6, 1950

)asic French Dressing Gives Many Variations

URBANA--Crisp cool salads are tops in spring menus. A natural" for them is French dressing, which is quick and easy to ake.

You can get many variations from a basic French dressing ecipe, says Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Horseradish dressing is one variation; simply add two tablepoons of prepared horseradish to the French dressing. Lime French ressing is another; to make it, use equal parts of lime and lemon uice, or use three tablespoons of lime and substitute one tablespoon f lemon juice for vinegar. And you may substitute one teaspoon trained honey for the one teaspoon sugar.

You can have a Roquefort French dressing by creaming one-alf cup of soft Roquefort cheese with two tablespoons of dressing and lding the remaining dressing gradually.

FRENCH DRESSING

3/4 teaspoon salt
1 teaspoon paprika
1 teaspoon sugar
1/2 teaspoon dry mustard
1/4 cup vinegar
1/2 cup oil--olive, corn or cottonseed

Mix dry ingredients and vinegar in a tightly closed jar or ttle. Add the oil and shake until blended.

If more dressing is prepared than is needed for one meal, t it in a cool place and shake it again thoroughly just before using.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 8, 1950

Tips on Selecting Material for Children's Clothes

URBANA--When selecting material for children's clothes, some points to consider are durability, fastness of color and amount of shrinkage.

This suggestion was made today by Miss Dorothy Durrell, clothing specialist, University of Illinois College of Agriculture.

Consider durability in relation to the purpose of the garment. A closely woven fabric with tightly twisted yarns will give good service and will not soil easily. Loosely woven cloth does not hold its shape; sizing sometimes hides the loose weave.

You can determine excess sizing and actual closeness of the weave at the counter. Rub a corner of the cloth briskly. If the cloth is highly sized, the spaces between the threads are filled with starch. This starch will fall out when the fabric is rubbed.

Hold the fabric to the light to determine the closeness of the weave. If there are about the same number of yarns in each direction, the fabric will give good wear.

Be sure the colors are fast to washing, sunlight, and perspiration. A garment that fades will look worn and old after two or three washings.

Amount of shrinkage isanother point to consider. Select material that is guaranteed to shrink not more than one percent. Otherwise, shrink the material before you cut out the garment.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 9, 1950

Help Your Youngster Get Acquainted With School

URBANA--It isn't too early for mothers to think of orienting their children to the school they will attend in the fall.

So says Miss Alberta Reitze, child development specialist, University of Illinois College of Agriculture.

If a child is somewhat acquainted with the school building, the teacher, and other pupils beforehand, he will find it easier to adjust to "school life" in the fall, Miss Reitze says. Also, at the same time the mother will learn what is available for her child at school.

"A wise Mom will try to arrange times during preschool years when other children can come over to play," says Miss Reitze. Then, when the child is old enough to go to school, the mother might arrange with the teacher to take the child to visit school in the spring before he enters. If that is not possible, she might take the child to see the school building and perhaps play on the playground.

Getting acquainted with the teacher is a good plan. Children sometimes find it difficult to adjust to a number of adults; this preview may help.

The parents' attitude is important, too, Miss Reitze says. They must convey a happy attitude about school to the children. They will want their children to think of school as a happy, new adventure.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 10, 1950

Rhubarb--Easy to Freeze

URBANA--Rhubarb is one of the easiest foods to freeze. Prepare some of those red stalks for the home freezer so that you'll have their tangy goodness later.

You can freeze rhubarb with or without blanching it, says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture. But because the fruit shrinks with blanching, more of it can be packed into a freezing carton when it is blanched.

Choose tender stalks for freezing; they should be picked at the stage when best for eating. Pick or buy just the amount you can freeze at one time. If held after harvesting, most vegetables and certain fruits lose some of their flavor and nutritive value, Miss Acker says.

Wash the rhubarb thoroughly in clean cold water. Sort carefully and discard all material that is injured, bruised, or otherwise not up to standard. Cut the stalks into 3/4-inch pieces.

To blanch, measure one pound of rhubarb in a wire basket or sieve, and lower into a kettle containing 2 1/2 quarts boiling water. Blanch for 1 1/2 minutes, counting the time from the moment the fruit is put into the water. After blanching, cool at once in a large kettle of cold running water or several kettles of cold water.

Package the fruit quickly. You can pack it with or without sugar. Use one part by weight of sugar to four or five parts by weight of rhubarb (1 cup sugar to 5 or 6 cups fruit). Mix it thoroughly with the fruit. To pack it in sirup, use 3 cups sugar to 4 cups water. Pour the sirup over the fruit as soon as it is packaged.

Be sure to leave head space at the top of the package to allow for expansion during freezing. Leave 1/4 inch for a pint container and 1/2 inch for a quart container.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 11, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain-buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Dry beans--Use that plentiful bean supply in sandwiches as well as in the usual baked beans, stew, or soup. For a tasty sandwich filling, season baked beans with plenty of minced onion, pickle relish or catsup, and moisten with salad dressing.

Fish--Folks with a preference for fresh halibut should check the supply at their local market. The Chicago wholesale market has received good shipments. Yellow perch and smelt are also in goodly supply; check local prices.

Poultry--If chicken is one of your family favorites, May is a good month to serve it often. Take your pick of fryers, broilers, or hens.

For frying, select a plump young chicken about 14 to 20 weeks old and weighing between 2 1/2 and 3 1/2 pounds dressed. You can panfry it in shallow fat or deep fat.

For broiling, choose a plump young chicken about 8 to 12 weeks old and weighing not over 2 1/2 pounds dressed. To make broiled chicken easier to manage on the plate, break the joints and remove the wing tips.

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FOR RELEASE THURSDAY, MAY 11, 1950

Community Nutrition--Subject of Workshop June 19 to 23

URBANA--"Group Work in Improving Nutrition" is the theme of the third annual nutrition workshop which will be held on the University of Illinois campus June 19 to 23.

This workshop is sponsored jointly by the Illinois State Nutrition Committee and the College of Agriculture. Mrs. Elizabeth Caso, Harvard University School of Public Health, Boston, Mass., director of the 1949 nutrition workshop, will again act as coordinator.

Reports of recent research, reviews of recent publications, and a discussion of techniques used in presenting nutrition information are on the program for the five-day conference. Plans are being made for workshop sessions and individual work and study.

Miss Grace Armstrong, home economics extension specialist, University of Illinois College of Agriculture, is chairman of the planning committee. Because of limitations of facilities and the nature of the program, a quota of 30 has been set for the workshop. Invitations have been sent to members of the Illinois State Nutrition Committee.

After May 10, registration will be opened to others interested in community nutrition problems.

For more information, write Miss Grace Armstrong, 206 Bevier Hall, University of Illinois, Urbana.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 12, 1950

For Top Quality--Freeze Firm, Ripe Strawberries

URBANA--Tuck some strawberries into your home freezer. You'll enjoy their tasty goodness after the season is over.

For freezing, select firm, ripe strawberries which are at the best stage for eating, says Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture.

Follow the slogan, "quick from garden to home freezer," when preparing strawberries for your freezer. Fruit ripened on the tree, bush, or plant and prepared immediately for freezing is usually better than fruit picked at a less mature stage and subjected to delays between harvesting and freezing, Dr. Van Duyne says.

Wash the strawberries in clean, cold water. Discard all material that is injured, bruised, or otherwise not up to standard. Hull the berries. You can freeze them whole or sliced, as you prefer, but the flavor of frozen sliced berries is usually better than that of whole berries.

To freeze whole strawberries, pack in a freezer carton and cover immediately with 40 percent sugar solution (1 cup sugar to 1 1/4 cup water). To freeze sliced berries, prepare them in the same way as whole berries; then slice. Mix thoroughly 1 cup sugar with 5 cups sliced fruit. Put the fruit in the package, and seal immediately.

Be sure to leave space at the top of the package if you are covering the strawberries with sirup or if they are mixed with sugar. Leave 1/4 inch space for a pint container; 1/2 inch for a quart container. This allows room for the contents to expand during freezing.

Put the cartons of strawberries in the freezer without delay. For rapid freezing, place boxes against walls of the freezing compartment, allowing space for air to circulate between packages. When frozen, store at 0° F. or lower.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 13, 1950

Stay-Stitch--to Prevent Stretching

URBANA--Be sure to stay-stitch curved or bias edges before you sew a garment together. Stay-stitching prevents stretching and holds the grain line in position.

Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture, says stay-stitching (or staylining) is a line of machine stitching made on or just inside the seam line--between the seam line and the raw edge. It must be done before construction of the garment is started.

Stay-stitching is necessary on bias edges, such as those on shoulder and underarm seams, neckline, and armhole curves. Before you stayline an edge, determine the direction in which the stitching should be done. Run your finger lightly along the cut edge, and stitch in the direction in which the threads or yarns of the material lie smoothly without ruffing up.

The machine or cloth guide is a handy aid for quick and easy stay-stitching. Place it in position--your machine instruction book gives directions--and set it at the amount for the seam allowance. Use matching thread and stitch in the correct direction through one thickness of the material. Use a stitch similar in length to the one to be used on the seams of the garment.

When you have all the off-grain edges staylined, you are ready to start the construction work or the work of putting the garment together.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 15, 1950

Plan Projects, Activities for School Vacation

URBANA--Look to summer as an opportunity to get closer to your children, says Miss Alberta Reitze, child development specialist, University of Illinois College of Agriculture.

Too many parents throw their hands up in despair at the thought of summer, when their children are out of school. "Summer should be a time when the members of a family learn how to enjoy their home together," Miss Reitze says.

Plan a regular schedule for your children each day. But be ure it isn't too rigid. An activity time, quiet time, and project ime may be included in such a schedule.

Fit the activity time into the morning while it is cool, ays Miss Reitze. Your children can share in a few responsibilities n the home. Everyone can have his own job to do at the same time. younger child may help you with the dishes, while an older child can o a job with less supervision. Another could help you make sandwiches or the noon meal.

Vary the chores so that your child will learn to do different hings and also to avoid monotony.

Plan the quiet time for the hottest part of the day. Some hings your child could do include work with crayons, finger paints, lay, books, scissors, or scrapbooks.

One special project during the summer may capture your child's nterest. For instance, he might make things for other children. Be ure to choose short-time things for him to do--those which can be finshed in a few days or a week.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 16, 1950

Milk Drinks--Good for Between-Meals

URBANA--Serve tasty milk drinks when your hungry youngsters ask for a snack in-between meals.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says you can make milk drinks easily and inexpensively at home. Remember that your child needs a quart of milk daily to have enough calcium in his diet.

Children who refuse to drink plain milk will frequently enjoy flavored milk beverages. Make the drinks colorful and attractive. Once your child gets such a milk treat, you won't have much competition from prepared fountain beverages. And milk drinks will not dull the appetite.

You can serve many varieties of milk drinks. Strawberry or raspberry, pineapple, and honey are just a few you can make from milk.

Honey is in good supply during May: treat your "small fry" to a honey milk drink. To make it, add one-half pint strained honey to enough milk to make a gallon of finished drink. Any extracted honey can be used, but clover and alfalfa honeys give the best flavor. Mix the drink before serving, as honey tends to settle.

A strawberry milk drink may satisfy mid-afternoon appetites. Strawberries will soon be headed to market from southern Illinois. You can use fresh or frozen berries. Squeeze the juice from sweetened fresh or frozen pack berries. Those sweetened in the ratio of 2 parts fruit to 1 part sugar will give good results. Add 1 cup juice to 1 quart milk. Serve cold. You may add a little red coloring if you wish. Use the same recipe for a raspberry milk drink.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 17, 1950

Take Extra Care--While Using Boiling Water

URBANA--Be extracareful to prevent accidents when you're using hot or scalding water. With food preservation season near, you will be washing many jars, or using boiling water for blanching fruits or vegetables.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says several precautions may prevent severe burns, scalds, and cuts.

To help prevent scalds, burns, or cuts always hold the jar or bottle over the sink while you're washing or rinsing with hot water. Don't hold the jar or bottle in front of you and away from the sink: if it cracks or breaks, you may be cut by the jar, or burned by the hot water.

Use pot holders while you're handling jars which have been rinsed or washed with hot water. Pot holders will give you double protection. If the jar breaks, the pieces would go in the pot holders. They will also help to protect your hands from burns.

Discard every cracked glass, jar, bottle, or dish. These articles are not only unsanitary to use, but also are accident hazards. To safely discard cracked or broken dishes, etc., wrap securely in newspaper or a heavy paper bag. Store in a covered garbage can, where children can't get at them.

For safety sake, discard coffee can tins and lids, Miss Ward says. Such things around your house or yard are possible causes of accidents. If you want to use them for storage, be sure to place them on a high shelf where young children cannot reach or play with them.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 18, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain-buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Vegetables--For a good buy in cabbage, select heads which are well trimmed, reasonably solid and heavy for their size.

If you've written asparagus into your spring menus, be sure to select stalks that are straight and fresh appearing, with compactly pointed tips. Asparagus with wilted stalks or loose tips is generally an uneconomical buy, as it is almost certain to be tough and stringy.

Eggs--Don't forget to "eat that extra egg today"--in the form of deviled eggs for an outdoor picnic or lunch at home. Peel shells from warm hard-cooked eggs. Cut the eggs in half crosswise or lengthwise. Remove the yolks and mash them. Season with salt, pepper, melted fat, a little mustard, and vinegar. Fill the whites with the yolk mixture and garnish with parsley.

Fish--Check your local market for the supply and price of smelt. The Chicago wholesale market reports heavy smelt supplies at low prices. Other fish in the bargain class at the Chicago market are lake herring, lake trout, whitefish, yellow perch and yellow pike.

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FOR RELEASE THURSDAY, MAY 18, 1950

Machine Basting Saves Time, Energy

URBANA--If you want to save time and energy in your home sewing and still turn out a professional-looking garment, try basting the machine way.

Machine basting is possible today because patterns are sized more expertly than they used to be and clear directions for altering the pattern to fit the individual are included with each pattern.

Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture, says that if you're going to machine-baste you must fit the pattern carefully before you place it on the fabric for cutting. Then you won't have to do much fitting after basting.

Be sure to stay-stitch all seams that may stretch out of shape, such as side, shoulder, neckline, etc. Stay-stitching (or stay-lining) is a line of machine stitching made on or just inside the seam line of curved or bias edges to prevent stretching. After this process you are ready to machine-baste the important seams for a fitting.

Length of stitch is important in machine basting. The stitch must be long enough to pull out easily. Set the machine regulator at about 10 stitches to the inch, or longer, depending on the weight of the fabric. The heavier the material, the longer the stitch should be.

Test the length of the stitch on a double thickness of the material you are sewing. You may need to loosen the upper tension slightly. The bobbin thread should lie fairly straight along the underside of the material, while the upper thread loops through the double thickness of the seam. When removing the basting thread, pull only the bobbin thread. If the upper thread is also pulled, the stitch will lock.

One precaution about machine basting: Check your material to be sure it is a fabric that will not be damaged by a stitching line, for if alteration is necessary after the first basting, you don't want the needle holes to remain in the fabric.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 19, 1950

Blanch Vegetables for Freezing

URBANA--Blanching is a "must" for freezing vegetables. It is quick and easy to do and pays off in firm, tasty and nutritive vegetables.

Blanching or scalding is a process of heating vegetables in boiling water or steam for a few minutes. It is necessary in order to retain the greatest amounts of color, flavor, texture, and nutritive value in the vegetable after freezing.

Dr. Frances O. Van Duyne, foods research specialist, University of Illinois College of Agriculture, says blanching decreases the action of the enzymes, wilts the vegetable so that more of it can be packed into a container, and removes some of the bacteria.

To blanch in boiling water, weigh a small quantity of the vegetable in a wire basket or sieve. Lower into a kettle of boiling water, and hold it there for the required time. Count the time from the moment the vegetable is put into the water, says Dr. Van Duyne. During blanching keep the cover on the kettle and the heat turned on under the kettle.

When the vegetable has been in the water the required time, lift the basket or sieve out of the water and plunge it and its contents into a large container of cold water. Have the container under the cold water faucet so that you can cool the vegetable quickly in running water.

If you do not have cold running water, use several containers. When the water gets slightly warm in one container, put the vegetable into the next one. Drain the vegetable thoroughly and pack it just as soon as it is cool.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 20, 1950

Choosing Curtains for Tall, Narrow Windows

URBANA--If tall, narrow windows present a problem in redecorating your rooms, here is some advice from Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture.

Emphasizing horizontal lines is the principle to follow in treating the tall, narrow-type window. Use full curtains or draperies to increase the apparent width of the window. The use of a horizontal design in the fabric also makes the window appear larger. Another way to emphasize horizontal lines is to treat both sashes--top and bottom frame--alike.

If the window is very narrow, you may want to extend rods over the window frame so that the curtains may be pushed back to cover the wood trim. In that way you can enjoy all of the view outside your window, and also provide the room with desired sunlight.

To make the window appear shorter, use a cornice board or a valance. Valances may be pleated, ruffled, draped or fitted. You may make cornice boards or buy them ready-made.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 22, 1950

Use the Seam Guide Often

URBANA--You can use the seam guide attachment on your sewing machine for stitching seams, marking hems and also marking bias tape.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says the seam guide is one of the most useful pieces of equipment in your sewing machine. It saves time and effort and gives accurate results.

The seam guide is the attachment that somewhat resembles a miniature garden hoe. Other names for it are seam gauge, cloth guide and stitching guide.

Attaching the seam guide is easy. Fasten it into one of the screw eyes in the bed of the machine at the right of the needle. Screw it down firmly.

To use the guide for making seams, adjust it so that it will be as far from the needle as your seam is wide. Hold the cloth so that the raw edges rest against the guide. Then stitch. The seam guide makes for accuracy--the seam will be the correct width indicated on the pattern and also the same width throughout.

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Use the seam guide often - 2

You can use the guide to make the first turn in the hem of a sleeve, skirt, towel or curtain. It is especially good for making curved hems, as on a pocket. Adjust the guide the width you want the first turn of the hem to be. Make a row of stitching on the first-turn line. Hold the edge of the cloth against the guide and stitch. Fold on the line of stitching and make the turn with your fingers or press with an iron.

To use the guide for marking bias tape, make a true bias edge on your cloth, adjust the seam guide the width you want the bias tape to be, and unthread the needle. Then hold the bias edge of cloth against the guide and stitch with the unthreaded needle. Cut along the line of needle marks.

There are other uses for the seam guide. See how many you can think of yourself.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 23, 1950

For Quick Summer Desserts--Make a Pastry Mix

URBANA--Busy summer months are ahead. Prepare a pastry mix so that you can have a pie crust or date rolls ready for the oven in a "jiffy."

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests a basic pastry mix recipe which you can use for many variations. Just store it in a covered container in the refrigerator. You can make pie crusts, date rolls, Cornish pasties, and refrigerator cheese chips from this recipe.

PASTRY MIX

24 cups (6 quarts) sifted all-purpose flour
5 tablespoons (1/4 cup plus 1 tablespoon) sugar
1/4 cup plus 2 tablespoons salt
8 cups hydrogenated fat or 6 1/2 cups lard

Sift flour, salt, and sugar together. Divide fat into two parts. Add 1/2 to flour mixture. Cut the fat into the flour until fine like corn meal. Add second 1/2 of fat, cut into flour until the size of peas. Store in covered container.

To make a one-crust pie, use 1 1/4 cups pastry mix and 3 tablespoons water (about). Add water, a little at a time, being

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careful to distribute the water evenly through the mixture until the pastry will easily form a ball. Knead very lightly with a folding-over motion 6 or 8 times. This will form into a compact ball that will roll easily. Roll to 1/8 inch thickness. Place in pan or on back of pan; prick. Bake at 425° F. for 10-12 minutes or until a delicate brown.

To make date rolls, roll out pastry and cut into 3-inch squares. Combine 1/4 cup sugar and 1/4 cup chopped nuts. Roll dates in egg white and then generously coat them with the mixture of sugar and nuts. Place coated date on pastry square, overlap two opposite corners and press together. Bake on ungreased pan at 400° F. until a delicate brown, about 20-30 minutes. Serve hot or cold.

For more recipes using the basic pastry mix, write for Homemade Mixes, Home Economics Department, University of Illinois, Urbana, Illinois.

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Homemaking news

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 24, 1950

Buying Laundry Equipment?

URBANA--To buy or not to buy an automatic washer or ironer may be a current question if you plan to spend some money on laundry equipment.

Consider your laundry facilities as a whole before you buy one piece of equipment, says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

Ask yourself what equipment will mean most in saving your time and energy. And what equipment will mean most in terms of a satisfactory product? Fit the purchase to your specific needs.

Maybe you want to buy an automatic washer. But perhaps you have limited drying space and need a dryer more than you need a washer. For example, if you wash baby clothes regularly, you'll need drying facilities available almost continually.

Or you might want to buy an ironer. Before you buy,consider the time you spend ironing, the amount of ironing you do each week, and your willingness to learn how to use the ironer for almost all types of ironing.

Your dealer may have several different models of one type of equipment made by one manufacturer. Decide which conveniences or extras you need and how much they are worth to you. After carefully considering your needs, buy from a reputable dealer who is near by to service your equipment if the need should arise.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, MAY 25, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain-buys come from Miss Frances Cook, foods specialist, University of Illinois College of Agriculture.

Vegetables--Spinach and other greens are now plentiful in the midwest. When you buy spinach, select large, fresh-appearing leaves that have a good green color. Leaves which are wilted or have started to turn yellow usually indicate sliminess and rot.

Check broccoli prices at your local market. To get your money's worth, select broccoli that has plenty of green color in the heads as well as in the leaves and stems. Stalks should be firm, with compact dark green or purplish-green buds in the head.

Honey supplies are plentiful, the United States Department of Agriculture reports. Make some honey butter for hot rolls or bread. To mix it, let half a cup of butter and half a cup of strained honey stand at room temperature until they're warm enough to blend. Then beat together until the mixture if light and fluffy. Store the honey butter in the refrigerator.

Fish--Check prices of lake trout at your local market. The Fish and Wildlife Service says prices are low and supplies are heavy. Other low-priced items on the wholesale market are blue pike, yellow perch, yellow pike, lake herring and smelt.

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FOR RELEASE THURSDAY, MAY 25, 1950

Tuck Some Picnic Food in the Freezer

URBANA--Picnics aplenty are scheduled for the summer months ahead. Plan for them now--prepare a baked bean dish for the freezer.

Mrs. Royene F. Owen, foods research laboratory, University of Illinois College of Agriculture, says to use ingredients of the best quality when freezing combination dishes such as baked beans. And quick cooling after cooking is necessary. Place the cooking pan in a large pan of ice water or cold running water and stir occasionally.

To serve, just place the frozen beans in the top of a double boiler and heat for about 45 minutes. Or partly defrost the beans at room temperature for about 2 hours, and then heat in a saucepan with a little water, if necessary.

BAKED BEANS WITH TOMATO SAUCE
(2 pints)

2 cups navy beans
3 ounces salt pork, sliced
4 slices onion
1 1/4 cup tomato puree
1/4 cup molasses
1/3 cup brown sugar
1 1/2 tablespoons vinegar
1 1/2 teaspoons salt
1/2 teaspoon dry mustard
1/2 cup boiling water
Dash of cayenne pepper

Pick over beans and wash. Cover with hot water and let stand for 5 minutes. Drain, cover with cold water, and soak overnight. Drain, add fresh water, and cook slowly until skins break.

Place a slice of salt pork in bottom of baking dish, and arrange the onion slices over it. Combine the other ingredients and mix well. Place beans in baking dish and cover with tomato mixture. Add more water if necessary to cover the beans. Lay slices of salt pork over top.

Cover and bake for 5 hours in a slow oven (300° F.).

Cool quickly to room temperature. Remove salt pork and onion, and put beans in container (salt pork is taken out because it tends to become rancid). Freeze immediately.

For more information, write for "Freezing Cooked and Prepared Foods," Circular 618, University of Illinois, Urbana.

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Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, MAY 26, 1950

'revent Accidents When Using the Pressure Canner

URBANA--Mind your safety rules when using a pressure canner uring the food preservation season.

Always let the pressure down to zero before you release the over, says Miss Gladys Ward, home management specialist, University f Illinois College of Agriculture. An Illinois homemaker suffered evere burns because, in a hurry, she opened the cover before the pres- ure was down.

When the pressure is down, open the petcock to let out any emaining steam. Then loosen the cover and take it off. Remember to urn the lid away from you, as you remove it, to direct the steam away rom your face.

Use care in removing very hot jars and cans, Miss Ward says. ome jars containing hot water seem to break easily, resulting in bad rns or cuts. Keep pot holders handy and use them frequently.

Be sure to read and follow manufacturer's directions in erating and caring for your pressure canner. The manufacturer knows d gives safe directions for using his product.

Store the direction booklet in a convenient place for quick ference when needed. Some accidents occur because the direction oklet cannot be found when it is needed.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, MAY 27, 1950

Make Meals Appealing to Your Preschool Youngster

URBANA--How to make meals appealing and easy to eat is often a problem when there are preschool children in the family.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says you don't have to prepare meals just for the preschool child. But some thought to combinations, appearance, form, flavor, and temperature of food is needed to make the meals appealing to your youngsters.

Serve foods simply rather than in combinations. Your child will probably like them better. He may also like food served in separate dishes, such as a custard cup or a small vegetable dish.

Be sure to serve only a small quantity at a time. Too often parents heap plates, hoping the child will eat all of the food. Large servings will usually discourage him, Miss Acker says.

Children enjoy serving themselves. So serve small portions which allow the child to help himself to seconds if he wishes.

Don't give your child hot food. Remember that children are naturally conservative and tend to prefer bland, lukewarm foods. Avoid highly seasoned foods.

Use simple eating utensils. Fit the plate, cup, fork, or spoon to your child's small hands. Choose glasses that are easy to handle, and plates, bowls, and cups that do not tip or spill easily. You'll find that your youngster will enjoy eating much more when utensils are easy to handle.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, MAY 29, 1950

Points to Consider When Buying an Automatic Washer

URBANA--If an automatic washer is on your "to buy" list, consider your water supply and installation problems before you actually buy.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, says water supply is an especially important consideration for rural families and others who depend on a private source of supply. Compare the amount of water required for a family wash in an automatic machine with the amount you would use in a nonautomatic washer.

Other questions to ask yourself concerning water supply are: Is the water hard or soft? Is the hot water supply adequate? And does the machine have water-saving features?

Some thought to installation is necessary. Check with your dealer about requirements for water connections and drainage. This will also be important if you're buying a machine that needs to be bolted to the floor.

Check the amount of flexibility in the washing and rinsing cycles. With some machines, it is possible to choose the length of the various cycles; in others, only the washing cycle is adjustable: in still others the cycles may be repeated or omitted. Find out, too, whether it is possible to adjust the washer for loads of different sizes.

Other points to consider in selecting a machine to meet your specific needs are size, washing action, and safety devices.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, MAY 30, 1950

Be Sure You Have New Timetable for Canning

URBANA--If you don't have a canning timetable issued since 1946, better get yourself one.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, today emphasized the importance of using the timetables developed by the Bureau of Home Economics in 1946. They are included in the circular, "Canning Fruits and Vegetables," issued by the Illinois College of Agriculture.

The timetables used before 1946 were those of commercial companies adapted individually to home conditions. From 1944 to 1946 the Bureau of Home Economics carried on a vast amount of research under home conditions that resulted in decreasing the processing time in almost every case under that previously recommended.

Even if processing time is shortened only five minutes, it will affect your food preservation schedule a great deal. For example, if you're canning six batches of food, the total saving would be 30 minutes.

Be sure to follow directions when canning, Miss Armstrong says. If directions say, "precook the food," be sure to precook it. Otherwise the timetable would not follow accurately.

To get a copy of "Canning Fruits and Vegetables," write for Circular 614, University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, MAY 31, 1950

Tips for Cutting Sheer Fabrics

URBANA--When you cut sheer fabrics for those summer frocks, be sure to keep the grain line in perfect position and place the pattern accurately.

To make sure the grain line is perfect, Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture, says to pull a thread to straighten the ends before laying the fabric out. Or cut across the crosswise thread visible in the weave.

In cutting sheer fabrics, select as large and as firm a surface as you can find. And, if possible, place and pin the entire pattern before you do any cutting. In that way there won't be so much chance that you may lose the perfect grain line.

Don't depend on the fold in the fabric to be true. If often needs to be pressed out and refolded so that the selvages will be exactly together. It is even more necessary to press the center crease out when the fabric is to be cut single.

If the fabric is to be folded before the pattern is laid on, pinning the selvages together may help to keep the edges lined up properly. Place the pins at right angles to the edge, not parallel to it. You can pin sheer fabric to large sheets of fresh tissue paper to hold it in line while you lay the pattern out.

To place the pattern accurately, make a trial layout first to be sure you know how each piece fits into the fabric length.

Adjust each piece carefully to the "straight" of the goods by measuring at the widest part of the pattern first and pinning in place on the straight of the grain marking. Then, measuring from this marking, adjust an equal distance from the selvage at the narrower part of the pattern.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 1, 1950

'he Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food ,upplies which are plentiful at local markets. Tips for bargain-buys ome from Miss Frances Cook, foods and nutrition specialist, Univer- ity of Illinois College of Agriculture.

Dairy Products--June is dairy month. Take advantage of this igh dairy production month by serving plenty of milk and its products. ake good care of milk; when it's delivered to your home, don't let it tand uncovered on the porch or the steps. Provide a covered box to rotect the milk bottles until they are taken into the house.

Vegetables--When buying tomatoes, select red, fully ripened ies which are firm, plump, well formed and free from blemishes. Avoid .sshapen, ribbed, or scarred tomatoes; those are a poor buy.

For good quality in radishes, don't look to the color and con- tion of the leaves. Examine the root, which should be smooth, crisp d firm, never soft or spongy.

Fruit--If you're buying grapefruit for your spring meals, se- ct fruit which is heavy, firm, and smoothly textured with a well- unded shape. Those which are coarse, puffy, and rough usually indi- te lack of juice.

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FOR RELEASE THURSDAY, JUNE 1, 1950

low to Make Salads Tasty and Attractive

URBANA--Crisp, cool salads are a "must" for refreshing spring eals. How to make them tasty and attractive depends on your choice f ingredients, their preparation, and serving.

Miss Frances Cook, foods and nutrition specialist, Univer- ity of Illinois College of Agriculture, says "Choose ingredients with n eye to color, texture, and flavor. And be sure the salad-makings re fresh and crisp."

Cut the ingredients into a variety of sizes and shapes. The ieces should be small enough to make them easy to eat, but not so mall that the salad is mushy.

Drain greens well after you rinse and wash them. Too much emaining moisture will thin the dressing and give a "soupy" salad.

Proper tossing--not mixing--is important for both taste and ppearance. Many women don't know how to mix a salad, Miss Cook says. ey stir it as they do a cake. A salad should be tossed lightly with o forks or a fork and spoon.

Don't add salt or dressing until you are ready to serve the lad. Salt and vinegar draw out the liquid from foods, reminds Miss ok, and the result may be a wilted salad.

Attractive arrangement on the plate is another technique to ke a salad appealing and tasty looking. If greens are served under e salad, be sure they are placed on the plate so that they do not ng over the edge. Don't overload individual salad plates. And oose a suitable bowl or plate for serving, such as a wooden bowl or ttery plates for a main dish salad and dainty glass or china plates r fruit salads.

Keep the salad crisp and cool from preparation time until rving time. Chilled plates or a chilled bowl is one way to do it.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 2, 1950

Get Circular on Freezing Fruits and Vegetables

URBANA--To assure success when freezing fruits or vegetables, start with top quality.

Select a fruit or vegetable which is free from bruises or disease, is a variety that is suitable for freezing, and is mature, but neither under- nor overripe. Freeze food which is at the best stage for eating. And choose fruits or vegetables that have been grown under favorable conditions.

That's the advice from Dr. Frances O. Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture, in the circular, "How to Prepare Fruits and Vegetables for Freezing."

Fresh fruits and vegetables should be top quality, because freezing doesn't add anything to the original qualities. So if you want a tasty nutritive product after freezing, start with highest quality food. And, too, undesirable characteristics are likely to be magnified during freezing. Seeds in berries and woodiness in asparagus and green beans are more noticeable after freezing and storage than before.

Freezing food which is at the best stage for eating determines the quality of the frozen product. Avoid overmature or starchy corn and peas. Select young and tender snap beans which have been picked before the pods have grown to more than two-thirds full size.

You can get Circular 602, "How to Prepare Fruits and Vegetables for Freezing," by writing the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 3, 1950

ome Potato Salad Tricks

URBANA--Picnic time is here again. And picnic menus usually all for tasty and tangy potato salad.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, suggests salad dressings and ome tricks to add special interest to potato salad.

The best salad dressings to use for potato and macaroni-type alads are cooked salad dressing or mayonnaise. These dressings may e thinned with pickle juice or sour cream if you wish.

A cooked salad dressing is easy to make, Miss Acker says. y don't you try your hand at it?

COOKED SALAD DRESSING

2 tablespoons butter
2 tablespoons flour
1/2 teaspoon salt
1 teaspoon mustard
2 tablespoons sugar
3/4 cup water
1/4 cup vinegar
1 egg

Melt butter in saucepan or upper part of double boiler. Mix our, salt, mustard, and sugar, and stir into melted butter until ooth. Add water and vinegar. Cook in double boiler, stirring frequently until thickened or cook directly over heat, stirring constant-

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Beat the egg. Pour the hot, thick sauce slowly into the egg, beating constantly. Reheat two minutes or just until the egg has thickened.

You can make a potato salad into party or picnic fare with just a few extras to dress it up. Sprinkle celery seed or parsley over it. Mix pickles in the salad, or use them for garnish. Or garnish with tomato wedges or slices, hard-cooked egg slices, radish roses or chopped onions.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 5, 1950

ew Compound Makes Cotton Clothes Easier to Wash

URBANA--Homemakers may soon be able to treat cotton clothes nd other cotton goods so that they will be harder to soil and easier o wash.

A new compound "CMC," when added to laundry rinse water will ake cotton fabrics more resistant to soiling and permit them to be aundered with less soap than would ordinarily be required.

"CMC"--carboxymethyl cellulose--is not yet on the market in mall packages convenient for home use. It is, however, available in holesale quantities.

This new treatment is the result of research by the Institute f Textile Technology, Charlottesville, Va. The Agricultural Research dministration of the United States Department of Agriculture sponsored he project. The treatment can be used in the home or by commercial aundries and textile manufacturers.

Miss Edna Gray, clothing specialist, University of Illinois ollege of Agriculture, explains the workings of this compound which ay soon lighten washday work.

When "CMC" is applied as a rinse and dried, it appears to oat cotten fibers with a smooth film which keeps dirt from coming in- o close contact with the fabric. Therefore, the fabric soils less eadily and dirt is easier to remove on subsequent washing.

Adding about three level tablespoons of "CMC" per gallon of inse water gives cotton goods improved soil resistance without chang- ng the feel of the fabric. Using about four times this amount of CMC" makes the fabric slightly stiffer when dried.

Further reports will be made when this new compound is avail- ble for home use.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 6, 1950

Are Your Stairways Safe?

URBANA--If you're remodeling your house or building a new one, be sure to build safe stairways.

This advice comes today from Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

To be safe, a stairway should have at least 6 1/2 feet of headroom; the steps should be uniform in size--both in height and width; the riser of each step should be at least 6 1/2 inches, and a tread should be about 10 inches wide.

When it is necessary to change the direction of the stairs, be sure to provide a safe landing. The landing should always be the same width as the steps. The second group of steps should be at right angles to the first group. A circular stairway should never be built in homes--and that includes basement stairs: it is hazardous.

Two handrails--one on each side--are necessary, especially if young children or older persons are in the family. Provide gates at the top and bottom of stairways to protect young children.

Light switches at the top and bottom of the stairway are necessary for safety. These switches should be at a height which your youngsters can reach.

Rubber edges are safe to use on your stairs to prevent slipping. If the stairs are carpeted, be sure the carpeting is firmly anchored to the riser.

Never keep small rugs at the top or bottom of the stairway. That is a sure invitation to an accident.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 7, 1950

Make "Top-Rate" Strawberry Preserves--Here's How

URBANA--You can make strawberry preserves as good as or perhaps even better than grandmother's if you follow these suggestions by Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture.

Use a berry variety that is especially good for preserves, work with a small quantity at a time, let sugar completely penetrate the berries, and cool quickly after cooking.

Select a variety that tends to be firm and somewhat acid in flavor even when fully ripe. Deep red berries make an especially colorful preserve.

Work with about a quart of berries at a time. Use equal amounts of strawberries and sugar by weight. To prevent "floating," be sure the sugar completely penetrates the berries. Either alternate layers of sugar and strawberries, cover and let stand overnight, or heat the berries and sugar very slowly until sugar is dissolved. Just before the boiling point is reached, cover and let stand overnight.

One precaution about heating the berries. Be sure they are uniformly heated. Use a heavy, rather shallow saucepan with a wide

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op and flat bottom. And you can use an asbestos mat under the pan if ou wish.

After the berries and sugar have stood overnight, heat to he boiling point, and boil rapidly until the syrup falls off the poon in thick heavy drops. Time will be about 10-15 minutes if you re boiling a quart of berries in a rather shallow pan with wide top nd flat bottom.

When cooking is complete, cool the preserves rapidly in the an, using ice water. Let them stand several hours (stirring occasionlly) before putting into sterilized containers. The berries will get lump and the syrup will thicken. Cover with hot paraffin immediately fter filling the container.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 8, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain-buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--When buying snap beans, be sure to select the ones that "snap." Beans that won't snap are likely to be flabby and wilted, stringy or tough. Your best buy is long, straight pods which are crisp enough to snap easily between your fingers.

If you're buying sweet potatoes for your June meals, don't look to the color, but remember that thick, chunky, medium-sized potatoes which taper toward the ends are preferable. Avoid those with any sign of decay, as such deterioration spreads rapidly. Buy bright, clean potatoes which are free from blemishes.

Dairy products--Serve cottage cheese often in June. The United States Department of Agriculture says there'll be plenty of it this month because milk production may be higher than ever before. Serve it in many ways: Mix it with pineapple, top it with a cherry, or serve it on lettuce, but serve it often.

Fish--Check your local market for fish supplies and prices. The Chicago wholesale fish market reports these plentifuls: whitefish, trout, yellow pike, yellow perch, lake herring and smelt. Choose the family favorite for your meals.

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FOR RELEASE THURSDAY, JUNE 8, 1950

Check Your Milk Order Now

URBANA--Are your children drinking enough milk? If they were getting milk under the school lunch program, you may have to increase the amount they drink at home now.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says 462,627 children participated in the Illinois school lunch program during 1949. Milk was probably included in each lunch program. Now that your children eat their meals at home, be sure they each get between 3 and 4 glasses of milk--or the equivalent--every day. That is the amount recommended by the United States Department of Agriculture's Bureau of Human Nutrition and Home Economics.

Your youngster needn't drink milk "as is" each day. Other dairy products, such as butter, cheese, cottage cheese, ice cream, or cream count as part of the recommended milk intake.

Vegetables cooked in milk, cream soups, souffles, custards, and puddings are ways to include "invisible" milk in the diet.

Milk drinks may be a way to increase your child's intake of milk during the summer. Fruit-flavored milk drinks--strawberry, raspberry, grape, pineapple--will probably be favorites with your youngsters.

For a pineapple drink, add two tablespoons of concentrated pineapple sirup and one tablespoon of sugar to one cup of milk. To make a strawberry or raspberry drink, squeeze the juice from sweetened fresh or frozen pack berries. Add 1 cup of juice to 1 quart of milk. Serve cold.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 9, 1950

Guard Against Summer Overtiredness for Your Children

URBANA--Guard against overstimulation and overtiredness for your children during the summer months.

Children find many new things to do during vacation time. Too much excitement or activity during the hot summer may cause them to become overtired.

Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture, says "A child never realizes when he is tired and needs rest or a nap. For that reason many times we aren't aware of his fatigue."

To guard against overstimulation or overtiredness, provide a rest period for your children every day. Usually the hot afternoons are good for quiet activities plus "rest" time.

Serve wholesome, balanced meals as regularly during the summer as during the winter. Often during the summer the family's eating habits aren't so sound and regular as usual. Your children's meals are important; keep them regular.

Avoid irregular hours for children. Often a holiday or visit may cut into the sleeping time. Try to set a regular time for the bedtime hour and daily rest periods.

Also, avoid exciting evening games or motion pictures that may overstimulate children. For the evenings, plan activities that are more quiet and relaxing.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 10, 1950

egistration Open for Third Annual Nutrition Workshop

URBANA--Registration for the third annual Nutrition Workshop o be held on the University of Illinois campus June 19-23 is still pen to persons interested in community nutrition problems.

The workshop, sponsored jointly by the University of Illiois College of Agriculture and the Illinois State Nutrition Committee, as as its theme "Group Work in Improving Nutrition."

Mrs. Elizabeth Caso, nutritionist of the diabetes branch, ivision of chronic diseases, U.S. Public Health Service, Boston, ill act as coordinator. Mrs. Caso was director of the 1949 nutrition orkshop.

At a dinner Tuesday, June 20, Dr. Sidney Portis, Michael eese hospital, Chicago, will speak on "Psychosomatic Aspects of Nurition."

Dr. K. D. Benne, University of Illinois professor of educaion, will direct the sessions on group techniques.

Chairman of the planning committee is Miss Grace Armstrong, oods and nutrition specialist, University of Illinois College of Agiculture. For further information, write Miss Armstrong, 206 Bevier all, University of Illinois, Urbana.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 12, 1950

bout Strawberry Preserves

URBANA--Is it all right to add lemon juice to strawberry reserves?

Mrs. Glenna Lamkin, foods specialist, University of Illinois ollege of Agriculture, says it is, if the berries have little acid n them. The addition of lemon juice may improve the flavor.

Add the lemon juice just a few minutes before cooking is ompleted. Use 2 to 4 tablespoons to a quart of strawberries. Boil everal minutes after the lemon juice is added.

When cooking is complete, cool the preserves rapidly in the an, using ice water. Let them stand several hours before putting in terilized containers. Stir occasionally. Cover with hot paraffin mmediately after filling the container.

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ake Advantage of Pre-School Clinics

URBANA--If a pre-school clinic is in your district, be sure o have your child examined there this spring. That's the advice from

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Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture.

Your child can be inoculated against contagious diseases and be examined for other health aspects. It's a fine way to cooperate with the health service.

Remember that school, home, and community must work together to give school children opportunities to learn as they live and stay healthy or become healthier as they learn.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 13, 1950

Jessie Heathman Named to AHEA Position

URBANA--Jessie E. Heathman, assistant extension editor with the University of Illinois College of Agriculture, has been appointed chairman of the Extension Division of the American Home Economics Association.

The appointment was made by Marie Dye, dean of the College of Home Economics at Michigan State College and president of the association. Miss Heathman will serve as the extension division chairman for the 1950-52 biennium.

The chairmanship of the division is one of the important posts in the association, and this is the first time a home economics editorial worker has been selected for the position. Miss Heathman has served as chairman of the radio and television committee of the association for a number of years. She is recognized as one of the outstanding home economics editors and broadcasters in the country.

The annual meeting of the association will be held July 11-14 in Boston. Preliminary meetings and conferences will start July 7.

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FOR RELEASE TUESDAY, JUNE 13, 1950

Illinois Home Advisers Name New Officers

URBANA--Newly elected officers of the Illinois Home Advisers' Association were announced during the annual home economics extension conference at Urbana June 5-7.

The new officers are Mrs. Helen Volk, Lake county, president: Miss Arlene Wolfram, Mercer county, second vice-president; Miss Lorenie Berry, Piatt county, secretary. Other officers for the coming year are Miss Bernice Engelking, DeKalb county, first vice-president and Miss Marjorie Jean Tabor, St. Clair county, treasurer.

Miss Engelking has been designated to represent the Illinois Home Advisers' Association at the annual meeting of the American Home Economics Association at Boston in July. Other officers planning to attend are Miss Wolfram and Miss Berry.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 14, 1950

Dress-Up Asparagus With Tasty Sauce

URBANA--Top asparagus with a tasty sauce--and watch your family eat it up. While asparagus is plentiful at your local markets or in your garden, try several different sauces on it.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says a cheese sauce or Hollandaise sauce is especially tasty with asparagus.

To make the cheese sauce, melt processed cheese in the top of a double boiler. A Hollandaise sauce is easy to make. Just remember to cook it at a low temperature. Otherwise the sauce may curdle or be overcooked.

HOLLANDAISE SAUCE
(Yield 3/4 cup)

3/4 cup butter or margarine
1 1/2 tablespoons lemon juice
3 egg yolks, well beaten
Dash salt
Dash cayenne pepper

Divide butter into 3 pieces; put one piece in top of double boiler; add lemon juice and egg yolks. Place over hot water (not boiling) and cook slowly, beating constantly with a wire whisk or beater. When the first piece of butter is melted, add the second piece. As mixture thickens, add the third piece and cook until thickened, stirring constantly. Remove immediately from the water, add salt and cayenne and serve at once. If the sauce has a tendency to curdle, place on crushed ice and stir vigorously.

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Homemaking
Radio News

:RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 15, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain-buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--Check the supply and price of celery at your local markets. For good quality, select celery whose leaf stems or stalks are brittle enough to snap easily and which is of medium length and thickness. Look at the heart formation--a good heart formation usually indicates good celery.

Dairy products--Place milk in the refrigerator as soon as possible after buying it. When kept in a refrigerator at a temperature of 45° F., milk may be stored several days. Milk products should be kept covered and in the coolest part of the refrigerator.

Peanut butter--Stock up on peanut butter so that you'll have enough for those summer picnics. The United States Department of Agriculture says stocks of peanut butter continue heavy. It blends well in sandwiches with jelly, jam or the honey which you'll also find in heavy supply now.

Chicken--About 8 million broilers a week will be moving from specialized production areas in the U.S. to chicken markets of the nation by about mid-June.

These broilers plus frying chickens from midwest flocks and other chickens from cold storage mean plenty of chicken at reasonable prices, the U.S. Department of Agriculture says. For good-quality broiling chicken, choose a plump young chicken weighing not over 2 1/2 pounds dressed.

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FOR RELEASE THURSDAY, JUNE 15, 1950

For "Fresh" Strawberry Preserves All Year...

URBANA--Tuck some strawberries into your freezer--and have 'fresh" strawberry preserves all year long. The quality of the pre-serves is superior because you have "fresh" preserves all the time. The color is good too.

Mrs. Glenna Lamkin, foods specialist, University of Illinois College of Agriculture, explains how to make preserves this way: Freeze the berries whole, keeping a record of the amount of sugar used. Then, when you want to make the frozen berries into preserves, add the rest of the sugar and cook quickly. This technique makes "extragood" pre-serves because the sugar almost completely penetrates the berries while they are frozen.

On each freezing carton write the date and amount of sugar added. Then you'll know exactly how much sugar to add to make the berries into preserves.

Use equal amounts of strawberries and sugar by weight. Boil the mixture rapidly until the syrup falls off the spoon in thick heavy drops. Time will be about 10-15 minutes if you're boiling a quart of berries in a rather shallow pan with wide top and flat bottom.

When cooking is complete, cool the preserves rapidly in the pan, using ice water. Let them stand several hours before putting in-to sterilized containers. Stir occasionally. Cover with hot paraffin immediately after filling the container.

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Homemaking
Radio News

:RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 16, 1950

Suggest New and Different Things to Do During Summer

URBANA--Choosing summer activities is sometimes difficult for your youngsters. Often they come to you asking, "Now what can we do?"

Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture, says, "Children are constantly searching for something new to do; new experience is one of the fundamental drives of a human being."

Suggest new and different things for your children to do. Direct their attention to something in nature or to things they can make with their hands.

Young children like to imitate the action of adults. They like to play house under the shade trees or in a corner of the yard. Playing house lends itself to a variety of experiences.

All children like to be out of doors. A dishpan of water on a grassy spot under a tree is much more exciting than playing with water in the bathroom. A shallow pan of water suggests many possible activities, such as washing doll clothes or playing with spools, pieces of wood, or toys that float.

If you spend a great deal of time in the garden, why not provide a small corner for your children to garden? Be sure they have their own tools. While you're busy hoeing or weeding, your "little helpers" will be imitating you.

Boxes or small ladders for climbing are good possibilities too. When a child is about 1 1/2 to 2 years old, he instinctively likes to climb and crawl. But provide a safe place, or he may get hurt while climbing. Barrels (with both ends out) or sturdy boxes make good climbing equipment.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 17, 1950

oil Chicken With Barbecue Sauce

URBANA--Broil chicken in an entraspecial way while broilers e so plentiful.

The United States Department of Agriculture says that about million broilers a week will be moving from specialized production eas in the U.S. to chicken markets of the nation around the middle June.

Miss Frances Cook, foods and nutrition specialist, University Illinois College of Agriculture, suggests this barbecue sauce for oiling chicken. Just dip the chicken into the sauce or brush each ece before broiling. Then, each time you turn the chicken, brush e side next to the heat with the sauce.

BARBECUE SAUCE
(2 cups sauce)

1/2 cup butter
1 1/2 cups hot water
2 tablespoons vinegar
1/4 teaspoon salt
Dash of black pepper
1/4 teaspoon paprika
1/4 teaspoon chili powder
1 teaspoon sugar
2 teaspoons prepared mustard
1/4 teaspoon Worcestershire sauce
Few drops Tabasco
1 teaspoon chopped onion
Clove of garlic

Mix ingredients and heat to the boiling point: remove gar- c. Dip meat in sauce before broiling. You can also use this sauce r roasting.

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fomemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 19, 1950

e Two Measures to Select Pattern Size

URBANA--Consider two measures when selecting a pattern for ur home sewing. If you do, you will need to make fewer alterations, ur clothes will look smarter, and sewing will be easier.

Narrow-shouldered women have the problem of finding a pattern fit their shoulders. Miss Edna Gray, clothing specialist, Univer- ty of Illinois College of Agriculture, advises taking two measures-- e bust and the high bust--to guide the choice of pattern size.

To take the bust measure, stand back of the person being asured, and place the tape over the largest part of the bust, draw- g it around the body to the center back. Draw the tape firmly but t tightly, and raise it slightly at the center back. This will give ough added size to provide for the shoulder blades, even though the pe is not raised enough to touch the shoulder blades.

To take the high bust measure (sometimes called the high est), again stand back of the person being measured and draw the pe close up under the arms, somewhat tighter than the bust measure.

If the difference between the bust and the high bust measure 2 or 2 1/2 inches, buy a pattern by the bust measure. In the av- age pattern, the bust measure used in drafting is usually 2 or 2 1/2 ches bigger than the high bust.

However, if the difference between the bust and high bust asure is more than 2 or 2 1/2 inches, buy the size nearest to half- y between the two measures. For example, if the bust measure is 38 ches and the high bust 35 inches, the halfway measure is 36 1/2 ches. The nearest bust size available in commercial patterns is 36.

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Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 20, 1950

revent Mildew Problems

URBANA--Protect your home, its furnishings, and your cloth-
ıg against mildew this summer. Last year's problems needn't be re-
ated if you will take steps to prevent mildew growth.

Miss Edna Gray, clothing specialist, University of Illinois
llege of Agriculture, today said that you should keep your house dry
that mildew won't find it too easy to grow this year. "You never
ally rid yourself of mildew entirely," she said. "The trick is to
event its growth."

Keep an electric light bulb or a small electric heater burn-
g in closets or other small rooms. Or you can buy simple and inex-
nsive dehydrating equipment to place in parts of the house where
ldew started last year. This equipment works to keep the air dry
absorbing moisture. It contains a powder which must be replaced
om time to time when it becomes completely wet.

To prevent mildew on shoes, place them so that the air can
rculate around them--on a shoe rack, for example. Don't put shoes
the floor, under the bed, or near a window. Polish is an addition-
protection for leather shoes. Use a wax polish on the leather and
e soles to keep mildew from growing.

If you have specific problems with mildew, you may want to
t the bulletin, "Preventing and Removing Mildew (Home Methods)" from
e University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 21, 1950

ven Canning Not Safe

URBANA--Oven canning is dangerous in two ways. Jars may ex-lode, wrecking the stove and seriously cutting or burning persons ear by. Or the processing temperature may not be high enough to kill poilage bacteria in vegetables.

Miss Geraldine Acker, foods and nutrition specialist, Uni-ersity of Illinois College of Agriculture, today warned against use the oven method for food preservation.

Even though the oven temperature may be high, the contents the jar will not heat above the boiling point of the liquid unless e jar is completely sealed. If it is sealed, it may explode because e pressure on the inside is greater than the pressure on the outside.

Methods recommended for canning are the boiling-water bath, en-kettle canning, and the pressure cooker, depending on the type of od being preserved.

High-acid foods can be preserved in the boiling-water bath the pressure cooker; low-acid foods should always be canned by the essure-cooker method. Open-kettle canning should be used only for ch products as jams, jellies, preserves, marmalades, and pickles.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 22, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--Green peppers have moved into the low price bracket. Check prices at your local market. For good quality, select peppers that are well-shaped, thick-walled and firm, with a uniform glossy color. Pale color and soft seeds are signs of immaturity--don't choose those peppers.

When buying cucumbers, remember that those which are firm, fresh, and bright green are best. Color is important, because older cucumbers tend to be a deepblack-green or sometimes yellow.

Fruit--When choosing cantaloupes, look to color, shape, and appearance of the netting. A yellow tinge indicates ripeness. However, avoid a too-deep yellow-color--it may mean over-ripeness. If the netting covers the cantaloupe thickly, the melon is generally good.

Fish--Check your local market for supplies of whitefish, lake trout, lake perch, and lake herring. The Fish and Wildlife Service, U.S. Department of the Interior, reports that supplies of these fish have increased, and prices are reasonable at the Chicago wholesale fish market.

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FOR RELEASE THURSDAY, JUNE 22, 1950

Select Young, Tender, Fresh Peas for Preserving

URBANA--For safe results, preserve peas in your pressure canner. Peas are a low-acid food; temperature of the boiling-water bath is not high enough to destroy spoilage organisms.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, advises you to select young, tender, freshly picked peas for canning. Wash the pods and shell only enough peas to fill containers to be processed at one time. Wash them after shelling.

Cover the peas with boiling water and bring to the boiling point. This method of heating before processing reduces the possibility of spoilage. Also, more food can be packed into the container, because shrinkage takes place before the food is packed. And, most important, the heat penetrates more quickly to the center of the container.

Pack the peas into pint jars or No. 2 cans. To each pint of peas, add 1/2 teaspoon salt and 1/2 teaspoon sugar, if desired. Cover with fresh boiling water. Process both jars and cans at 10 pounds' pressure, allowing 45 minutes for pint jars and 40 minutes for No. 2 cans.

Count the processing time from the time the desired pressure or temperature is reached. Keep the pressure as uniform as possible, because uneven pressure may cause underprocessing and may force some of the liquid out of the jars.

If the lid is not the type that should be tightened before processing, seal it as soon as the jar is removed from the cooker. Don't try to tighten again later, as this is likely to break the seal. Plunge tin cans into cold water. A better texture is obtained in this way because it stops the cooking.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 23, 1950

Select Summer Fabrics With an Eye to Sewing-Ease

URBANA--When buying fabrics for summer sewing, choose those which are easy to care for and easy to sew.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, advises you to select some of the firmer cottons and rougher textured rayons if you're not an experienced seamstress. Leave voiles, sheers, and the smoother rayons until later, when you are sure of your skill.

Firm cottons, such as muslin, percale, gingham, pique, broadcloth, and denim, are easy to cut and sew. They "stay put" on the cutting table and on the sewing machine.

Choose a fabric that feels firm when you pull it on the bias. Bias edges stretch easily even if the fabric is quite firm. But if the fabric is the "stretchy" kind, it will go completely out of control in inexperienced hands. An added advantage of a firm fabric is that the garment will not sag or stretch out of shape.

To avoid matching problems, choose plain colors or prints that have an all-over design. To avoid wrinkling problems, select crease-resistant finishes or prints. Wrinkles show less on prints than on plain colors, and therefore less frequent pressing is needed.

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fomemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JUNE 24, 1950

Quick Freezing Necessary After Packing

URBANA--Freeze foods quickly after they are packed.

That's the advice of Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture. In fact, speed in all steps of freezing is important in getting a high-quality product, Miss Acker says.

Keep the packages cold until all are ready for freezing. You may keep them in the refrigerator for 3-4 hours if you can't make a trip to the locker immediately.

When you take the food to a locker plant, transfer the packages to an insulated box to carry them. At the locker plant, have the foods frozen in the fast-freezing room--if one is available--before placing them in your locker.

If you have a home freezer, be sure the temperature of the freezing compartment is 0° F. or lower. To speed freezing, don't freeze too many packages at once. Your freezer booklet will probably tell how much food to freeze at one time or in a 24-hour period.

Place packages against the freezing plates or coils, but spread them out so that air can move quickly between them. Remember that thick or heavily wrapped packages take longer to freeze than those of medium size with only enough wrapping to protect the food.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JUNE 26, 1950

'lan for "Family Play-Time"

URBANA--Vacation time is here again--time for fun, rest, and 'elaxation with your family.

Plan to have numerous good times together rather than con-:entrate on one expensive vacation, says Miss Margueritte Briggs, child :evelopment and family relations specialist, University of Illinois 'ollege of Agriculture.

Planned vacations sometimes turn out to be a disappointment. 'hen high expectations are built up, satisfactions often do not come .p to those expectations. Or outside influences--sickness, unexpected uests, etc.--break into plans.

Plan times when the family can play together. It is better o have play mixed in with work than to have highly specialized and ime-separated vacations.

Time to play together may be a week end, an evening, or only n hour. That "play time" is an opportunity to form bonds that never reak--experiences that family members will remember and treasure al-ays.

"Pleasant memories come from those little surprises, many of hich have small monetary value but are remembered because we enjoy hem and grow from having experienced them," Miss Briggs says.

Learning experiences are more valuable to the children of the amily when they include a variety of situations--nature study, swim-ing, fishing, hiking, picnics, and increased skill at certain games. aried family-shared experiences cause the child to become more social. laying and working with other members of his family help him grow in bility to get along with other people.

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Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JUNE 27, 1950

low to Prevent Liquid-Loss When Preserving

URBANA--Is loss of liquid from glass jars one of your canning problems? You can prevent it by following several suggestions rom Miss Frances Cook, foods and nutrition specialist, University of llinois College of Agriculture.

Be sure you have enough hot food for all the jars to be illed. And don't pack the jars too full. Leave enough head space or contents of the jar to expand during the processing period.

Keep the pressure steady in the pressure canner. Fluctuating pressure is one cause of liquid loss. Lower the pressure and exaust steam gradually at the end of the processing time.

Never replace lost liquid. Opening the jar would let in acteria and you'd need to process the food again. Loss of liquid oes not cause food to spoil, although the food above the liquid may arken.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JUNE 28, 1950

Tips for Buying Scissors and Shears for Sewing

URBANA--Think carefully before buying scissors or shears for home sewing. The right type may determine the ease you'll have in cutting the material and also the appearance of the finished garment.

Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture, advises you to give some attention to the material that goes into the tools.

Forged steel is the best choice for both scissors and shears. It is strong and hard and makes a good cutting edge. You'll find the name "forged steel" marked on the tools.

Decide what type of cutting tool you need--scissors or shears. Shears are at least six inches long, and one handle is larger than the other, allowing room for movement as you cut the material. On scissors the handles are the same size.

Dressmaker's shears may have either a bent or a straight handle. The bent-handle type leaves the material flat on the table as you cut and makes for more accurate work. This type is best if you're going to do much work on heavy fabrics: you can cut long, even strokes with them.

Small scissors with sharp points are handy for snipping threads and clipping materials to the corners. Handles are straight--not bent. For efficient use, blades should be sharp to the very tips.

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fomemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

utritionists Make Recommendations for Community Work

URBANA--The third annual Nutrition Workshop held on the niversity of Illinois campus June 19-23 resulted in four recommendaions which will affect community nutrition in Illinois.

Theme of the workshop, which was sponsored jointly by the llinois State Nutrition committee and the University of Illinois Colege of Agriculture, was "Group Work in Improving Community Nutrition." rs. Elizabeth K. Caso, nutritionist of the diabetes branch, U. S. ublic Health Service, Boston,acted as coordinator.

Twenty women representing agencies throughout Illinois atended the five-day workshop and made the following recommendations:

That a conference or workshop for teachers of Public Health utrition be developed to consider curriculum, methods of teaching, nd the program of study; that this need be considered in developing he program of the American Dietetic Association and the foods and utrition section of the American Public Health Association; that ibrary resource material in nutrition in local agencies be continualy developed; that a pilot study group be initiated for teachers' inervice training in nutrition; and that the handbook, "A Suggestive uide for Teaching Nutrition in Illinois," be brought up to date.

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Persons who attended the workshop are Mrs. Ethel Boyle, epartment of Public Welfare, Springfield; Mrs. Nellie M. Cullen, unior high homemaking, Mattoon; Marie Daugherty, National Livestock nd Meat Board, Chicago; Ethel DeAtley, senior high school, Metcalf; ome advisers Alfretta E. Dickinson, Winnebago county, Vera L. Douglas, umberland county, and Marion Sympson, Tazewell county.

Pearl H. Hamilton, Illinois Department of Public Health, pringfield; Blanche Lenning and Ruth Harter, Illinois Public Aid ommission, Chicago; Marie Libotte, school nurses, Gays: Roselma essman, National College of Education, Evanston; Mrs. Marjorie P. lner, Illinois State Nutrition Committee, Peoria; Ina Morris, ited States Department of Agriculture, Chicago; Peggy S. Pentz, linois Tuberculosis association, Peoria; Doris L. Ray, high school d junior college, Kewanee; Lena Riley, Illinois public health, pringfield; Mrs. Shirley K. Rosenberg, graduate student, and Mrs. ry Hausrath, Champaign; and Gene Shrader St. Louis University, iversity City, Missouri.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JUNE 29, 1950

'he Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food upplies which are plentiful at local markets. Tips for bargain buys ome from Miss Frances Cook, foods and nutrition specialist, Univer- ity of Illinois College of Agriculture.

Vegetables--Check the supply and price of beets at your ocal market. For good quality, choose beets with a good globular hape and a smooth, firm flesh.

To get peas which are at their sweetest, most flavorful tage, select large, bright green pods which are well filled and snap eadily. A yellowish pod usually means overmaturity and toughness.

For good-quality corn, look for a fresh, green husk and ender, milky kernels which are large enough to leave no space between he rows. Avoid cobs with kernels that are very soft and small, as his indicates immaturity.

Dairy products--Ice cream is a favorite warm-weather dish. or a quick and easy dessert, serve ice cream with the plentiful antaloupe or strawberries.

Chicken--The heavy supply of broilers and fryers is timed ust right for the frequent summer porch parties and picnics. Fry he chicken in the cool morning hours and it will be ready to pack in- o the picnic lunch.

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FOR RELEASE THURSDAY, JUNE 29, 1950

eze Peas Which Are at Right Stage for Eating

URBANA--Prepare peas for the freezer as soon as possible er picking. If held after harvesting, they usually lose some of ir flavor and nutritive value.

And freeze peas which are at the best stage for eating, says Frances O. Van Duyne, foods and nutrition research specialist, Uni- sity of Illinois College of Agriculture. Avoid overmature or starchy s.

Choose a variety which is a "good freezer" too. According research at the University of Illinois home economics laboratory, ge Podded Little Marvel rates "very good" for freezing. Varieties t rate "high good" are Frostie and Little Marvel. Asgrow 40, Thomas ton Dark Podded, and Wyola rate "good."

Hull and wash the peas. Sort them by size, discarding those t are injured or bruised. Blanch (scald) one pound of peas in ee quarts of boiling water for one minute. Just lower a wire bas- or sieve containing the peas into a kettle of boiling water, and d it there for the required time. Count the time from the moment y are in the water.

When the peas have been in the water the required time, lift basket or sieve out of the water and plunge it and its contents in- a large container of cold water. You may use running cold water or water.

Drain the peas thoroughly and package them as soon as they cooled. Remember to label each container with the name of the duct and the date on which it was prepared for freezing. Put the kage into the freezer without delay.

If you would like a copy of the circular, "How to Prepare its and Vegetables for Freezing," write the Illinois College of Ag- ulture, Urbana. Ask for Circular 602.

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Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JUNE 30, 1950

ıoose Simple Containers for Flowers

URBANA--When selecting a vase or bowl for flowers, be sure › get one that stands firmly on its base, holds enough water, and has mouth wide enough to hold flower stems without overcrowding.

Choose simple, unadorned containers for flowers, says Miss ›rothy Iwig, home furnishings specialist, University of Illinois ›llege of Agriculture. You want the flowers--not the container--to › the main attraction.

Containers should harmonize with the flowers in texture, ne, color, size and style. Neutral colors are best--white, gray, ft green, soft blue, brown or beige is good. Remember to choose container that does not clash with the color of the flowers or with e room furnishings.

A holder is usually needed to hold flowers firmly in place. ere are many different types of holders on the market. One that is mmonly used is the needle type, which you can buy at a florist shop hardware store. Be sure to select one heavy enough to keep large owers from tipping. The needles should be sharp and close together make the flowers stand up well.

If you don't have a needle-type holder, you may use chicken re--crumpled. Just force it into the vase and then put the stems of e flowers into the mesh.

If you want the bulletin, "Flower Arrangement," write the Uni- rsity of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 1, 1950

icnic Fare for the Fourth

URBANA--Let's cook out of doors on the fourth of July. It ill be great fun for the family. Mom will get out of the kitchen, nd the children will help prepare the food without any complaints.

Miss Geraldine Acker, foods and nutrition specialist, Uniersity of Illinois College of Agriculture, suggests kabobs and heaveny crisp for your picnic menu. Just pack the fixings in the picnic asket and let each person prepare his own at the picnic area.

A kabob is a stick or skewer of meat, potatoes, onions, carots, and apples which have been broiled over hot coals. Cut the steak or other meat), parboiled potatoes, onions, carrots, and apples into rosswise sections. Arrange on a stick of some sweet wood, alternating the vegetables and apples with a piece of steak. A strip of bacon ay be used for basting. Leave a small space between every two pieces f you want them well done; otherwise, place close together.

Broil the kabob over a bed of hot coals, rotating the stick ntil the kabob is a savory brown. Put pieces between slices of bread r in a bun when well done.

Heavenly crisp is an easy-to-make dessert for outdoor meals. he flavors of toasted marshmallows, melted chocolate, and graham rackers combine into tasty picnic fare. Just toast a marshmallow over he coals to a crisp, gooey state. Place it on a graham cracker which as a square of sweet chocolate on it. Top the marshmallow with another square of chocolate and a cracker. There is your "sandwich" desert.

For more recipes and suggestions for "Outdoor Meals," write he University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ISITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 3, 1950

ips on Flower Arrangement

URBANA--Arranging flowers attractively is easy if you follow few basic principles. So says Miss Dorothy Iwig, home furnishings pecialist, University of Illinois College of Agriculture.

First,decide where you're going to place the flowers--for xample, on a dining or tea table, or perhaps a coffee table. The lacement will determine the kind of bowl or vase to use and the type f arrangement. It can be a vertical, horizontal, circular, or raditing arrangement.

If all sides of the arrangement are to be seen, a horizontal circular type is good. Horizontal effects are especially fitting or long, low spaces. A radiating arrangement is usually seen from e front. A tall vertical arrangement looks best when a piece of rniture or wall serves directly as a background.

Now you are ready to arrange the flowers. Get a good proortion, using the main stem as your guide. Use the taller flowers r the framework and fill in with flowers and leaves of different ngths, using the short stems to complete the arrangement.

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If you want a formal balance, arrange flowers and leaves f the same size and color in the same position on both sides of the enter. In informal balance, both sides seem to weigh the same, but hey differ in size, color, and position of the flowers. Remember that arge, compact, bright, or dark flowers look heaviest.

If you would like a bulletin on "Flower Arrangement," write he University of Illinois College of Agriculture, Urbana.

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ake First-Aid Kit on Picnic

URBANA--Tuck a small first-aid kit into your picnic basket nen the family goes out for an afternoon in the country.

Miss Geraldine Acker, foods and nutrition specialist, Uni- ersity of Illinois College of Agriculture, says that it's reassuring o know that you can meet an emergency which may come up during a icnic. Someone may cut a finger, skin a knee, or be bitten by an nsect.

So when you're packing good things to eat and drink, remem- ler to save a corner for the first-aid kit.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 4, 1950

Professional Home Economics Group Meets at Allerton

URBANA--Phi Upsilon Omicron, national professional home economics fraternity, held its national conclave at Allerton Park, near Monticello, June 28-30.

Hostesses to the group were the University of Illinois alumnae and active chapters. About 50 delegates from chapters throughout the United States and members of the national council attended the meeting.

Miss Mary A. McKee, University of Illinois home economics 4-H club specialist and vice president of the fraternity's national council, presented a delegate from the new Pi alumnae chapter, University of Illinois, which was organized in 1949. Miss McKee is also district councilor for District 6.

Other new chapters which were introduced during the national conclave were Alpha Mu, Ohio Wesleyan University, Delaware, Ohio; and Alpha Nu, Oklahoma A & M, Stillwater, Oklahoma.

This professional fraternity was founded on February 10, 1909. Members are chosen on the basis of activity and scholarship. Total membership is approximately 9,455.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 5, 1950

arking Pattern Construction Lines--Here's How

URBANA--Mark pattern construction lines carefully. Accuracy s necessary when marking darts, pleats, buttonholes, etc., in order o get a professional-looking garment.

You may choose one of several methods for marking construcion lines. Your choice will depend on your material and equipment.

Miss Doris Brockway, clothing specialist, University of Illinois College of Agriculture, says to use dressmaker's tracing paper nd a tracing wheel if your material is smooth and firm.

Use two sheets of tracing paper for marking. Place the irst sheet, tracing side up, on the table under the area to be marked. lace the second sheet of paper, tracing side down, under the pattern rea to be marked. Using a ruler as a guide, trace with the wheel long the construction lines. Use a small cross to mark the end of he line.

The "chalked thread" method is a good one to use on pebbly r rough-textured material and delicate materials which might be damged by the tracing wheel.

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To mark lines by this method, thread a needle with heavy cotton thread and chalk the thread by running it over tailor's chalk. Baste through the perforations along the construction lines of the pattern. Keep the thread well chalked so that the markings will be clean and distinct.

You may also use tailor's tacks to mark construction lines. This method is not difficult, but it is time-consuming. At each perforation take a small stitch--through both thicknesses if the cloth has been cut double. Leave long loops of thread between the stitches. Clip the threads at the top of each loop, and remove the pattern. If the material is double, pull the two pieces apart gently, taking care not to pull out the tacks; then clip the threads between the two pieces.

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Removing Air From Tin Cans

URBANA--It is necessary to remove the air from tin cans unless the food is packed hot and its temperature is 170° F. or higher when cans are ready for sealing. Test it with a thermometer to be sure.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, explains how to remove air from tin cans. Place the open, filled cans in a large kettle of boiling water about 2 inches below the can tops. Cover the kettle, bring the water back to boiling, and boil for 10 minutes.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 6, 1950

ıt Patterns on Firm, Roomy Surface

URBANA--Where do you cut patterns for your home sewing--on ıe table, bed, floor, or rug?

Miss Doris Brockway, clothing specialist, University of Illiıis College of Agriculture, said today that for cutting patterns you ıould choose a firm surface which has plenty of room to spread out ıe fabric. Also, be sure that there is a guide line on the cutting ırface to help lay out the fabric "grain perfect."

Few homes provide a good cutting surface, Miss Brockway said. bed does not fulfill the requirement of firmness. It is impossible keep the grain ofthe material "perfect" on a surface that moves ery time a little pressure is applied. A pile rug rates almost as w as a bed for cutting. As you lean on the fabric in cutting, it nds to "crawl" along on the pile of the rug.

If the floor is your choice, select a good, smooth, open ace. Spread an old sheet down first unless you are sure the floor spotlessly clean. Use the edge of the floor board as the guide in ning up the grain in the fabric.

If your kitchen table extends to two yards or more in length, will serve your purpose. After you have pinned the pattern on as ch of the fabric as you can spread on the table, fold the cloth back to itself, being careful not to pull the grain out of line. This aves the table free for the next section of fabric.

You can buy cutting boards at many notions counters. The tting board opens up to a size large enough to make an efficient cutng surface and it can be folded and stored when not in use. Evenly aced dots on the board make it easy to "line" up both the crosswise d lengthwise grain of the material.

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FOR RELEASE THURSDAY, JULY 6, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables. Cabbage is holding its place among the nation's plentifuls. For quality, choose heads that are well trimmed, reasonably solid, and heavy for their size. Try serving cabbage with a piping hot cheese-flavored white sauce. Add thinly cut cheese to thickened sauce, and stir until the cheese is melted.

Turnips are moving into the "good buy" stage. When selecting turnips, look for those with a smooth skin, firmness, and a good weight for their size.

Fruit. The only sure test of watermelon quality is to plug the melon and taste it. You can't tell a watermelon by thumping it. You can get a dull, hollow sound from an over-ripe or stale melon as well as from one that's properly ripe.

Eggs. Be sure the eggs you buy at the market have been refrigerated. If they haven't, the chances are they've lost a lot of quality.

And once you've paid for the eggs, keep a special guard on quality until you get them home and into the refrigerator. Don't leave them in a hot car while you finish a shopping tour, or in a hot kitchen while you sort the groceries.

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Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 7, 1950

ong-Time Planning Necessary for Redecorating

URBANA--Think about redecorating plans while you're relaxing n your porch or lawn this summer.

Miss Dorothy Iwig, home furnishings specialist, University f Illinois College of Agriculture, says redecorating takes long-time lanning.

Start by taking a long, honest look at the room you want to o over. Decide what actually needs to be done. If a new wall treatent is needed, ask yourself what type you want--paper, paint, or a ombination of the two. Then decide whether you want a plain or paterned finish. The amount of pattern to use will be determined by the attern already in the room.

Next, think about floor coverings. Do you want rugs or arpeting from wall to wall? What style and weave do you want; would ut or uncut pile serve your purpose best. Or do you want a hardurfaced material, such as linoleum, plastic or asphalt tile?

Will you want new curtains or draperies? Analyze the windows so that you'll know whether to emphasize vertical or horizontal lines. If the windows are high, you'll want to use curtains or draperies with a horizontal treatment or pattern. Low windows usually eed vertical emphasis.

After you decide what you want for your room, look around o see what is available. Check furniture stores, specialty shops, atalogs, and magazines. Then follow through with your plans this all.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 8, 1950

oast Corn for Your Picnic Meals

URBANA--Roast golden ears of corn for that picnic lunch, orch party or family supper in the back yard.

Miss Geraldine Acker, foods and nutrition specialist, Uni-ersity of Illinois College of Agriculture, suggests two easy ways to oast corn: One is to roast it in the wet husk; the other is to roast t in wet paper toweling and aluminum foil.

Use hot ashes or coals--not a direct flame--for roasting. o avoid burning, pull an ear out of the coals after 15 minutes oasting time. Unwrap it and test for doneness.

To roast the corn in a wet husk, prepare the cob by taking ff the outer husk, tearing out the silk, and breaking an inch off the ip of the cob. Wet the husk and pull it tightly over the broken end. coop a shallow hole in the earth, and partly fill it with hot ashes. ut the corn in and cover it with hot ashes and then the hot coals. ook 30 minutes.

For the paper toweling and aluminum foil method, husk the orn and wrap it in about six layers of wet paper toweling. Then wrap luminum foil around it. Throw the corn into a bed of hot ashes and oast for 20 to 30 minutes.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 10, 1950

National Home Economics Fraternity Names Officers

URBANA--Miss Frances Urban, field secretary of the American Home Economics Association, has been named president of the national council of Phi Upsilon Omicron, national home economics professional fraternity. Miss Urban was elected to head the council during the 16th biennial conclave held at Allerton Park near Monticello June 26-30.

New vice president of the national council is Miss Frances Fischer, Western Reserve University, Cleveland, Ohio. Retiring vice president is Miss Mary A. McKee, University of Illinois home economics 4-H club specialist, who has held office for two years.

Other officers who were re-elected for the next two years are: national treasurer, Miss Priscilla Rowland, assistant professor of foods and nutrition, Utah State Agricultural College; business secretary, Mrs. Genevieve Forthun, formerly of the North Dakota Agricultural College, Fargo, North Dakota; and Candle editor, Miss Orinne Johnson, home economics editor, University of Kentucky.

Retiring president of the professional group, whose total membership is approximately 9,455, is Miss Reba Staggs, director of the department of home economics, National Livestock and Meat Board, Chicago.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 11, 1950

hoose Children's Clothes With an Eye to Safety

URBANA--Consider safety when choosing clothing for your hildren. Think of safety in color, design, and finish.

These suggestions were made today by Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Choose bright-colored clothes for your children to wear at lay or when they'll be walking on the street or highway. Bright olors--particularly reds--are good. This advancing color can be sed in hats or berets, scarfs, coats, and dresses. Children are mall and can easily wear a whole dress or coat of a bright color.

Design for safety is also important. Don't buy clothes hat hamper movement. Children like to run and climb without any nterference from clothing. Avoid dangling sashes or long floating carfs on children's clothes.

Watch for fire hazards in clothing, Miss Gray says. Fuzzy r fluffy trimmings may be dangerous. You may be able to buy fabrics hich have been flame-proofed. One new finish now being offered for ottons is ERIFON (no fire).

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 12, 1950

Make a Home-Safety Check Today

URBANA--Check your home for accident hazards. Observe National Farm and Home Safety Week, July 23-29, knowing that you did your best to prevent accidents in YOUR home last year. And every week during 1950, check your home for safety's sake.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, today suggested that you check for dangers of falls and burns, the two types of accidents which take the greatest number of lives in homes each year.

Quiz yourself about hazards which may be in your home. Look at each room critically. Be honest with yourself. Remember that during 1949 home accidents caused the greatest number of deaths due to accident--30,000 persons lost their lives in and about American homes.

During the canning season, and in washing jars and dishes, take extra care with boiling water. Be sure to follow directions when using the pressure cooker. Always let the steam escape before releasing the clamps on the cover. Make sure the safety valve is in good working condition. Never use the oven canning method; it is too dangerous.

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A question to ask yourself is: Do I have and always use a safe stepladder to stand on? Why not make a wise safety investment in a sturdy steel stepladder? It is the lowest cost safety measure to use.

Avoid using small or loose rugs at the top and bottom of stairs. Rugs placed in this position are a sure invitation to falls which may result in fractures or broken legs or collar bones.

Make a thorough check of your home for hazards that might cause falls and burns. Write for your copy of "Home Hazards to Check and Correct" from the University of Illinois College of Agriculture, Urbana.

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A Tip for Cooking Corn--Using salt in the water for cooking corn may make the kernels less tender. So says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

Cook the corn in water to cover. And use a cover on the pot. Cooking time is about 5 to 10 minutes, or until just tender. Serve immediately or the kernels may get rubbery. If you plan to serve a large amount of corn, cook it in small batches as needed.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 13, 1950

'he Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food upplies which are plentiful at local markets. Tips for bargain buys ome from Miss Frances Cook, foods and nutrition specialist, Univer- ity of Illinois College of Agriculture.

Fruit--Signs of ripeness in cantaloupes are a delicate aroma nd an audible rattling of the seeds when shaken. Color is also an ndication of maturity. Look for those with a yellowish tinge--but ot too deep a yellow.

Choose raspberries that are plump, solid, and boast a good olor. Stained containers usually indicate wet or leaky berries or nderripe ones to which the caps cling tightly. Those are the ones o avoid.

Eggs--There are more grade B eggs on the market during the ummer because quality production is more difficult then than in cool- r weather. Grade B eggs sell for less than top-quality eggs, and hey do just as well for eggs scrambled, baked, in omelets, souffles, nd wherever they're mixed with other foods. Buy grade B eggs for hese purposes and save on your summertime food budget.

Fish--Check the supply and price of lake herring at your ocal market. If the Chicago wholesale market trading is reflected t your market, lake herring should be a good buy.

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FOR RELEASE THURSDAY, JULY 13, 1950

ow to Sew Plastic Fabrics

URBANA--Use a fine needle and a long machine stitch for sewng plastics.

So says Miss Edna Gray, clothing specialist, University of llinois College of Agriculture. To get a long stitch, adjust the titch regulator to the length used for machine basting--about 7 or 8 titches per inch. Use a light (loose) tension.

No basting is possible when working with plastics. Plastic abrics which are pressed or rolled into sheets (not woven) do not ave spaces into which the needle may pass in sewing. Work done must e right the first time, because ripping will leave a line of holes. his line not only is unattractive, but also weakens the fabric.

For marking plastics, use chalk,crayon or colored pencil. on't use pins to hold seams while stitching. They will make holes n the fabric.

Because plastic fabrics are very smooth, they may slip as hey go through the sewing machine. Adjust the pressure on the presser oot until the fabric will feed through smoothly without leaving an mprint of the feed on the seam line. Sew slowly. Do not pull or push he work; the machine should be so well adjusted that the fabric will ove through with little assistance.

Fasten thread ends by bringing both ends to the wrong side nd tying. Don't back-stitch to fasten. This will tend to cut the abric.

Hems are not necessary, as plastic fabrics will not fray at he edges. Edges may be left straight or pinked.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 14, 1950

Make Biscuits--for Your Outdoor Meals

URBANA--Hot biscuits are a tasty addition to a picnic meal or a supper in your backyard. You can make dropped biscuits right at the picnic. For variation you can use the same dough to make twisters or Pigs in Blanket.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, suggests this recipe for dropped biscuits. Just pack a skillet with your picnic equipment. Cook the biscuits in the skillet about 10 to 15 minutes.

DROPPED BISCUITS
(Yield = 1 dozen)

2 cups flour, sifted
4 teaspoons baking powder
2/3 cup liquid (milk or water)
3/4 teaspoon salt
1/3 cup fat

Measure and sift dry ingredients and work in shortening. Cover tightly in a glass jar. When ready to use, add liquid. Drop from a teaspoon into a skillet with enough fat to grease. Cover skillet and cook 10 to 15 minutes.

For twisters, mix the ingredients listed in the recipe, but do not add all of the liquid. Use just enough liquid to make a soft dough. Heat the end of a stick. Make dough into a ribbon and wrap around a stick. Bake over hot coals until brown.

To make Pigs in Blanket, pierce a weiner lengthwise with a stick, and roast over coals to a savory brown. Wrap weiner with twister dough and brown over coals. Keep rotating the stick to bake evenly.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 15, 1950

For an Easy Sunday Night Supper...

URBANA--Save time in preparing Sunday night supper. Serve an easy-to-make dish--egg and potato scallop. It's easy on the food budget too.

Just have some hard-cooked eggs and cooked potatoes on hand; then all you have to do is make a white sauce, season, add it to alternate layers of eggs and potatoes, and bake.

You can save on dishwashing time too--by serving the scallop in the baking dish.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, suggests a high-protein vegetable, such as peas or beans, to complete the meal if you don't serve any meat. If you wish, you may serve cold cuts.

EGG AND POTATO SCALLOP
(4 servings)

4 to 6 hard-cooked eggs, sliced
2 or 3 medium-sized potatoes, cooked and sliced
1 tablespoon minced parsley
Salt and pepper to taste
Soft bread crumbs

1 cup thin white sauce
Use: 1 tablespoon fat
1 tablespoon flour
1 cup milk
Seasoning

Add parsley, salt and pepper to white sauce. Place alternate layers of potatoes and eggs in a greased baking dish, pouring sauce over them. Sprinkle with bread crumbs. Bake in a moderate oven 15 to 0 minutes.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, JULY 17, 1950

Choosing Vacation Clothes--Here's How

URBANA--What kind of vacation clothes to choose and how many to take on that trip or visit are questions we hear frequently at this time of year.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, suggests that you plan exactly what clothes you'll need for your vacation, and then make a list. A list is handy because it is easy to reduce, if necessary, and also speeds the final packing.

For your vacation, choose garments that have these characteristics: they won't show soil, won't wrinkle easily, are easy to care for, don't take up much room, and are comfortable.

Dark or printed fabrics do not show soil. For garments which don't wrinkle easily, take those made of crepe, knit, or crease-resistant fabric. Prints or eyelets do not show wrinkles readily either.

For garments which are easy to care for, Miss Carl suggests dresses that are not too full. Nylon lingerie is also easy to care for; it dries quickly and needs little or no ironing. Seersucker or plissé fabrics do not require much ironing either.

If you want to save space, avoid garments which are full or heavy. To decrease the weight of your suitcase, use small plastic bottles or jars for cosmetics.

A final reminder--don't take too many clothes; choose garments and accessories which mix and match into several ensembles.

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fomemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, JULY 18, 1950

oad Washing Machine Lightly--for Clean Clothes

URBANA--Load your washing machine lightly--in order to get lean clothes.

Recent experiments in household equipment laboratories of ie United States Department of Agriculture point to this conclusion: oading a family washing machine to the maximum may save time on a isy day, but clothes and linens will come out cleaner if the machine is given a lighter load.

These conclusions were described during the annual meeting the American Home Economics Association at Boston, Thursday, July 13.

Nineteen machines--automatic, semiautomatic, and nonautomatic 'pes--had their efficiency tested with different sized work loads. oads that they could handle, according to manufacturers' directions, nged usually up to a maximum of 9 pounds, and in few cases even 10. ie wash put into the machines consisted of white cotton fabric and 'tificially soiled samples so that the amount of soil in the samples id the amount removed could be scientifically measured.

Household equipment specialist Katherine Taube in the USDA ureau of Human Nutrition and Home Economics, said, "In general a load 6 or 7 pounds in a domestic washing machine will result in better oil removal and more even washings than a heavier load."

It is up to the individual user of a washing machine, added ss Taube, to decide the practical point of how much to lighten the sher load in order to make thrifty use of water, detergent, and the me and energy spent on the job.

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Homemaking
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VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, JULY 19, 1950

ow to Pack Your Vacation Suitcase

URBANA--Packing your suitcase for that vacation trip won't e difficult if you plan the packing job first.

Miss Fern Carl, clothing specialist, University of Illinois ollege of Agriculture lists the following tips for packing your vaca-.on suitcase:

First, make a list of clothing and supplies you will need ring your vacation. Once you've made the list, it's simple to gather erything quickly.

Supplies which are helpful for packing are plastic cases, oe bags, and small plastic jars. Use the plastic cases for packing ips, hose, hankies, nightwear, or blouses. These cases will also handy for the return trip. Use them for soiled garments, damp shcloths, or damp swimming suits.

It's easy to make some bags for packing shoes. Make them plastic or cloth. Bright colors are good for all of these cases d bags because they can be easily seen.

Tissue paper is anotherhandy item for packing. It's a good y to prevent wrinkles in your clothes. Lay the paper over each ess, and fold the garment over the paper so that the tissue paper in each fold of the dress.

Small plastic jars and bottles are good for packing cosmetics. sure to screw the tops down tightly.

Once you've made your list and assembled everything, plan the der of packing. If you're taking one bag, pack the heavy things rst. Another tip is to pack the clothing in order of use--for example ur robe, sleepwear, and clothes for tomorrow at the top.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, JULY 20, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--Green beans have been holding firmly to their place among good food buys in the midwest. To get good-quality green beans, look for long, straight pods which are crisp enough to snap easily between your fingers.

Choose cucumbers which are firm, fresh, and bright green. Color is important, as the older ones tend to be rather deep black-green or sometimes yellow. Poor quality is also indicated by an outside rind that has a decided give to it when slight pressure is applied.

When buying tomatoes at your local market, select those that are firm, plump, fairly well formed and free from blemishes. If you want to use them immediately, choose red, fully ripened tomatoes. Otherwise, include a few that have a greenish cast.

Fish--If whitefish is a family favorite, check the price at your local market. The Chicago wholesale fish market reports a small price decline. Plenty of lake trout, yellow perch, and lake herring are also available.

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FOR RELEASE THURSDAY, JULY 20, 1950

Freeze Ripe, Juicy Raspberries

URBANA--Choose ripe, juicy raspberries for freezing. And for best results, pack them in a sirup.

Dr. Frances O. Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture, suggests a 30 or 40 percent sirup for freezing raspberries. A 30 percent sirup contains 1 cup sugar and 2 cups water; a 40 percent sirup, 1 cup sugar and 1 1/4 cups water. Or you can freeze the berries with sugar. Just mix one cup sugar with five cups fruit.

To prepare the berries for freezing, sort and wash them carefully. Don't let them soak in the water. Just wash a few at a time, and then lift them from the water. Drain in a colander or on absorbent paper.

If you are using dry sugar, mix it thoroughly with the fruit before packaging. As soon as the fruit is in the package, seal it.

To freeze the berries with sirup, pack them into cartons and cover immediately with sirup. Be sure to leave space at the top of the package to allow room for expansion during freezing. Leave 1/4 inch for a pint container and 1/2 inch for a quart container. Label the containers and put them into the freezer without delay.

Circular 602, "How to Prepare Fruits and Vegetables for Freezing," is available from the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, JULY 21, 1950

How to Prevent Home Accidents

URBANA--Keep accidents out of your kitchen. During National Farm and Home Safety Week, July 23-29, check your kitchen carefully to see whether it's a safe place for you and your family.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture and coordinator of the Illinois Safe-Homes program, suggests these simple precautions to prevent scalds and burns, which rank high on the list of kitchen accidents.

Try to keep the children out of the line of traffic while you're working in the kitchen. A gate at the kitchen door will keep small children out while you're using hot water or fat for cooking.

Make it a habit to turn handles of all pots and pans toward the back of the range or table--never let them protrude over the edge.

Watch where you put electrical devices in your kitchen. A cord dangling from a coffee percolator naturally invites inspection by your youngsters. Keep it well out of children's reach. Avoid the possibility, too, of tripping over cords that may upset toasters, heaters, or other electrical equipment.

Do you keep matches out of the reach of small children? Use only safety matches if there are children in your family. Provide a non-inflammable receptacle for burned matches. It may save a life.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 22, 1950

Consider Growth, Activity When Choosing Children's Clothes

URBANA--Children's summer clothing should be chosen not only for coolness, comfort, and durability, but also for design to permit really active play.

So says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Strenuous play--running, climbing, roller skating--is one of the child's chief activities during the summer. Each year the preschool child grows about three or four inches in length of legs and gains about three to five pounds. Children's clothing should be large enough, therefore, to permit rapid growth in height and in weight; and garments should be chosen which will not hamper strenuous activity.

Material should be "stretchy" enough to give without tearing when strained suddenly. For this reason cotton jerseys are especially desirable. Denim is not so good because it has little give either for play or for rapid growth.

Be sure the garments fit well enough in the shoulders and legs to keep clothes from binding when the child moves suddenly. However, clothing should be loose enough to permit air to circulate around the body. Hems will bind less than cuffs at the bottom of sleeves and trouser legs and will permit lengthening if necessary.

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FOR RELEASE MONDAY JULY 24, 1950

Cantaloupe--Good Vitamin C Content

URBANA--Home-grown cantaloupes will soon be available at your local markets. Use this tasty fruit often in your summer meals.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says cantaloupe is a good substitute for orange or tomato juice for breakfast because it ranks high in vitamin C content.

Cantaloupe is good for other meals too. Serve it as an appetizer, in a fruit cup, a fruit salad, or for dessert. A quick and easy dessert special is cantaloupe a la mode--just add a scoop of ice cream to a half or quarter of the fruit.

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Act Quickly if Clothing Burns

URBANA--Summer picnics mean frequent bonfires. Don't let small children get too near the flames. Fires in clothing are particularly dangerous, says Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture.

Act quickly if clothing burns. Immediately roll the child over on the ground to smother the fire; then remove the clothing.

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Homemaking
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FOR RELEASE TUESDAY, JULY 25, 1950

Keep Picnic Supplies Handy

URBANA--Keep that picnic basket and equipment in a handy corner so that your family can get ready "quick as a wink" for an unplanned outdoor meal.

This suggestion was made today by Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

In the picnic basket you can keep paper cups, plates, spoons, forks, small salt and pepper shakers, wax paper, and paper napkins. A disposable tablecloth of white or colored paper is another handy item.

Make sure the thermos bottle is clean so it will be ready for that picnic food. Wash it thoroughly with warm soapy water after each use. Then store it with the cover off.

Plastic bags and aluminum foil are good for packing bread, biscuits, or salad-makings to take to the picnic spot. You can pack carrot and celery sticks with cracked ice and then wrap it with aluminum foil. The foil is also handy for baking potatoes or cooking ground meat.

To bake potatoes, just wrap the foil around each scrubbed potato and bake for one hour. To cook ground meat, first shape the meat patty and top it with a slice of onion. Wrap in the foil and place on hot coals. Cook about 15 to 20 minutes.

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Homemaking
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FOR RELEASE WEDNESDAY, JULY 26, 1950

A Check List for Farm and Home Safety Week

URBANA--A good time to clean out your medicine cabinet is during National Farm and Home Safety Week, July 23-29.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture and coordinator of the Illinois Safe-Homes Program, made the following suggestions today:

Discard all old and unused medicines. Be sure to store poisons on the top shelf of the medicine cabinet so that your children cannot reach them. Or you may want to store poisons and medicines in a separate place on the highest shelf in your kitchen cabinets. Be sure poisons are labeled clearly and distinctively.

Another way you can make your home safe is to check for fall hazards. Falls are the number one cause of accidents in the home.

Keep toys and other objects out of the line of traffic. Use a rubber pad underneath small rugs to prevent slipping. To make sure all stairs and porch railings are sound, check and repair them before a fall occurs.

Make sure all stairways (including the basement stairs) are well lighted. Check stairs to see that they are free of boxes, toys, magazines, or newspapers. Look before you start up or down the stairs to make sure they are clear. Grasp the hand railing for an extra guarantee against a fall.

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FOR RELEASE THURSDAY, JULY 27, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--There'll be corn aplenty on the market this week and for some weeks to come, according to the U.S. Department of Agriculture. For good-quality corn, look for a fresh green husk and good-sized kernels. The kernels should be just firm enough to puncture rather easily when a slight pressure is applied.

Keep a goodly supply of carrots on hand for those frequent summer picnics. Tuck some carrot sticks mixed with crushed ice into a plastic bag or aluminum foil to take to the outing. For top quality, choose carrots that are firm, smooth and clean and that have good color.

Fish--If high prices limit your meat buying, look to that good supply of fish to meet protein recommendations. Yellow perch is selling at moderate prices at the Chicago wholesale fish market this week, according to the Fish and Wildlife Service, U. S. Department of the Interior. Whitefish and lake herring are plentiful too.

Peanut butter--Add peanut butter to your week end food-buying list. The U. S. Department of Agriculture says the supply is plentiful. It is one of the least expensive sources of protein and is tops for those frequent summer sandwiches.

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FOR RELEASE THURSDAY, JULY 27, 1950

Prevent the Growth of Mildew--Here's How

URBANA--Prevent the growth of mildew in your house by removing the cause of dampness. You can ventilate the house, heat it with an electrical reflector or furnace, or use a chemical or electrical device to dry the air.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, today suggested the following steps to prevent growth of mildew:

Ventilate the house only when the air outside is cooler and drier than that inside. As the cool air is warmed inside the house, it absorbs moisture. Take advantage of cool, dry nights to freshen the air in the entire house.

If you can't get rid of the dampness by airing, try one of the devices to dry air. There are chemicals which absorb moisture in the air, and there are electrical devices which remove the moisture from the air.

Keep an electric light bulb or a small electric heater burning in closets or other small rooms. Or use calcium chloride in damp closets. Place an open container of solid chloride in the closet: then when it becomes liquid, replace it with fresh calcium chloride. You can buy it in a department or drug store.

If you already have mildew, heat the house for a short time with a stove, furnace, or an electrical reflector. Then open doors and windows to let out the warmed air that has taken up the extra moisture. Use an electric fan to force out the warm, moist air more quickly.

Musty odors in basements and cellars are usually due to molds and will disappear if the house is well heated and dried. But, if the odor persists, chloride of lime is a good deodorant and disinfectant to use. Sprinkle it over the basement floor, and let it stay until all mustiness disappears. Then sweep it up, scrub and dry the floor.

For more information on "Preventing and Removing Mildew," write the University of Illinois College of Agriculture, Urbana.

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FOR RELEASE FRIDAY, JULY 28, 1950

A Specialty Dessert--Orange-Apple Pie

URBANA--Bake an orange-apple pie using those juicy Transparent apples which are coming in from southern Illinois.

The surprise orange flavor of this pie makes it a specialty dessert. Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, suggests the following recipe:

ORANGE-APPLE PIE
(Yield - 9-inch pie)

4-6 medium-sized apples
1 cup brown sugar
2 tablespoons quick-cooking tapioca
1/4 cup orange juice
2 tablespoons butter

Wash, pare, core, and slice apples. Combine with brown sugar and tapioca. Arrange in pastry-lined pie pan. Add orange juice and dot with butter.

Moisten edge of pastry with water, and cover with top crust. Bake in a hot oven 425° F. for 10 minutes. Reduce heat to moderate temperature--350° F.--and bake 25 minutes or until apples are tender.

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Homemaking
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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, JULY 29, 1950

"Warmth Without Weight"--A New Fabric Finish

URBANA--A new fabric finish that gives warmth without weight will be on the market this fall.

Demonstrated at a trade press review this spring, this new finish will be useful in both winter and summer. It keeps heat in during cold weather and out during hot weather, because it reflects heat. This conclusion is the result of tests made by the U. S. Testing Laboratory and the company which developed the finish.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, cites some examples in which the finish was used, as reported by the company testing laboratory:

A rayon satin, after being processed in this way, can be as much as 12 percent warmer than a combination of the same rayon satin with an 11-ounce wool lining such as is used in the conventional "zip-out" coat linings. A nylon seersucker blanket cover treated by the new process will provide more warmth than a 3 1/2-pound blanket.

This finish can be applied to a wide variety of fabrics--rayon, cotton, nylon, and even wool. The new trade name has not yet been selected.

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Homemaking
Radio News

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FOR RELEASE MONDAY, JULY 31, 1950

Milk--Serve It at Picnics

URBANA--Tuck some half-pint bottles or cartons of milk into your picnic basket. It's the ideal beverage for those frequent summer outings.

So says Miss Geraldine Acker, foods and nutrition specialist University of Illinois College of Agriculture. You can buy the milk--white or chocolate--just before leaving for the picnic grounds. Your children will like the easy-to-handle containers. Don't forget the straws; youngsters are partial to brightly colored ones.

Help your family get their share of milk--for good nutrition and good health. Milk is valuable nutritionally for its vitamins and proteins, as well as its excellent calcium content. It is an inexpensive source of protein, and that is especially important in these days of high meat prices. Calcium is necessary to build strong teeth and bones. Recent survyes show that many diets lack sufficient calcium to meet the standards of good nutrition.

Milk is a good drink for mothers and dads, as well as for the "small fry" in the family. The recommended daily amount for adults is 2 1/2 to 3 cups; children through teen age need 3 1/2 to 4 cups; pregnant women, a little more than 1 quart; and nursing mothers, 1 1/2 quarts.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 1, 1950

Iodine--As Necessary as Vitamins

URBANA--If you use iodized salt regularly as a seasoning, you are getting the daily recommended allowance of iodine in your diet.

So says Mrs. Elwanda White of the nutrition research laboratory, University of Illinois College of Agriculture.

Iodized salt costs the same as ordinary salt, and with it you get a guarantee against the growth of goiter. You need iodine to form thyroxin, which controls the rate of heat production and stimulates normal growth of bones, hair, and skin.

Iodized salt is as pure as ordinary salt, and it tastes no different from ordinary salt. In some sections of the country, iodine is present in the soil and in natural salt deposits. Illinois, however, is in a goiterous region, and therefore the use of iodized salt is necessary in order to prevent this disease.

At certain times the body needs more iodine than it needs under normal conditions. These three periods are during adolescence, pregnancy, and nursing. An extra supply of thyroxin (formed by iodine) aids in development at puberty, the maintenance of a normal pregnancy, and the production of an adequate milk supply when a mother is breast-feeding a child.

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Homemaking
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ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 2, 1950

Frozen Lemon Pie--An Easy-to-Make Summer Dessert

URBANA--Summer desserts should be easy to make and refreshing to eat.

A frozen lemon pie is such a dessert suggested by Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

The pie is made in a refrigerator tray. Ingredients you'll need are ice cream, butter or margarine, powdered sugar, and crumbs--use graham crackers, vanilla wafers, or corn flakes).

Make a crumb crust, using 1 1/2 cups crumbs, 1/3 cup powdered sugar, and 7 tablespoons butter or margarine. Pack the crumbs firmly in the refrigerator tray.

Fill the crust with lemon ice cream. Pack firmly. Place in the freezing compartment of the refrigerator. Just before serving, top with whipped cream. Cut into wedge shapes. There's your summer dessert--refreshing, easy to make, and nutritious too. You can substitute other flavored ice cream, if you prefer.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 3, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--"Plenty for preserving" describes the August fresh vegetable supply. Carrots, green beans, tomatoes, corn, cucumbers, and beets will be selling for low to moderate prices during August.

For preserving, remember to choose firm, fully ripened vegetables which are free from bruises or disease. And follow the motto, "Speed from garden to can." Preserve as soon as possible after buying or picking.

Poultry--Plenty of broilers, fryers, and stewing hens mean easy-on-the-pocketbook prices. Golden-brown fried chicken--served hot or cold--is tops for picnic meals. Remember that broilers need moderate heat for slow, even cooking. Place the broiler pan so that the highest part of the chicken is 5 or 6 inches from the source of heat. Regulate the heat by leaving the door ajar or completely open.

Fish--Check prices and supply of whitefish and yellow pike at your local market. The Chicago wholesale fish market reports that there's plenty of fish and a small demand. Frozen supplies are seasonally large also.

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FOR RELEASE THURSDAY, AUGUST 3, 1950

Choose "Ready-to-Eat" Peaches for Freezing

URBANA--For top-quality frozen peaches, start with firm, fully ripened fruit which has a good flavor. These are the "ready-to-eat" peaches.

Dr. Frances O. Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture, says, "Careful but speedy handling is also important to get top-quality results. Speedy work can prevent those peaches from turning dark on exposure to air."

Work with a small number of peaches at a time. Sort them carefully, removing those that are overripe and bruised. Peel one at a time, and slice directly into the freezing container in which some sugar sirup has been placed.

A 50 or 60 percent sirup is best for freezing peaches. Make the 50 percent sirup by dissolving 1 cup of sugar in 4/5 cup of water. If you wish, you can heat the mixture to dissolve it more rapidly. Because the sirup should be cool before using it, make it before you start the sorting-peeling job.

Fill the container with sliced peaches to within 1/2 inch of the top. Then cover the fruit with cold sirup. Seal the package and place it in the freezer as soon as possible.

For extra insurance against browning, dissolve tablets or crystals of ascorbic acid (vitamin C) in the sirup. You can buy these preparations at a drug store. Just dissolve three 50-milligram tablets in the amount of sirup needed for a pint carton of fruit (about 1 cup) or 1/4 teaspoon of crystals in 4 cups of sirup. You may be able to buy commercial preparations which contain ascorbic and citric acids at a grocery store. Follow the manufacturer's directions.

COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 4, 1950

A Test for Fur-Trimmed Coats on Sale in August

URBANA--If you're buying a fur-trimmed coat during the August sales, be sure to inquire whether you are getting fur or fur-fabric.

Read the label and ask the dealer about the type of fur or fur-fabric used. Find out about its serviceability and cleanability.

You can make a test at the store to determine whether the trim is fur or fur-fabric, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. Bend or fold a portion of the trim so that you can see the backing. If it is cloth, the trim is fur-fabric; if the backing is leather, it is real fur. Ask the salesperson for a statement or guarantee of dry cleaning if the trim is fur-fabric.

Many of the imitation fur-fabrics can be cleaned satisfactorily. Some, however, do not respond to dry cleaning. On the market now are some imitation glued fur-fabrics that disintegrate when cleaned in dry-cleaning solvents. This type of fabric may imitate any of the curly furs, such as Persian lamb or caracul. To get the effect, rayon fibers are curled very tightly around a cotton yarn center and mounted on a plain weave cotton fabric.

A greyish adhesive is used to hold the curls to the fabric base. This adhesive dissolves in cleaner's solvent--and the curls fall off the base; sometimes, moisture also removes these curls.

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Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 5, 1950

How to Launder Garments With Special Finishes

URBANA--Garments which have some special resin finish--to control wrinkles or stretching, for example--need special treatment in laundering.

Lukewarm water, mild soap, and gentle handling is the theme to follow, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture. Remember that these special finishes have been added--and too much friction might take them off.

Wash the garment often so that rough treatment is not necessary to remove the dirt, Miss Gray says. Anddon't use bleaches unless you're sure of their effect. Certain resins turn yellow or orange when treated with some household bleaches. If bleaching is necessary, make this test first: Dip a corner or the end of a belt in the bleach before dunking the whole garment.

Don't use starch on garments which have stabilized finishes to replace starch. It is not necessary, and sometimes it seems to reduce the effect of the finish.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 7, 1950

Use Boiling Water Bath to Preserve Peaches

URBANA--For canning, choose peaches that are sound, ripe, and firm. And work with only enough fruit for one canner load at a time.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, suggests the cold-pack method in the boiling-water bath to can peaches.

Make the sugar sirup before you begin the peeling-halving process. You can use a thin, medium, or heavy sirup. Make it with cup of sugar to three, two. or 1 cup of water respectively. Boil ugar and water for five minutes. Remove scum and cool.

After the sirup is made, you are ready to begin the washing-eeling-halving job. Wash the fruit well, remembering to work with nly enough for a canner load. Lift out of the water, being careful ot to bruise the fruit.

Place the peaches in a small cloth bag or wire basket, and ip into boiling water just long enough to loosen the skins. Then dip uickly into cold water. Remove skins; halve and pit the peaches. Pack nto hot jars and cover with sirup as soon as the jar is filled. Leave ne-half inch of head space at the top of the jar. Wipe the jar rim: over.

Place jars in the boiling-water bath as soon as they are illed. Be sure the water comes over the tops of the jars. Cover. s soon as the water boils vigorously, start counting the processing ime. Time for pint or quart jars is 30 minutes.

To prevent browning, be sure the sirup completely covers the eaches in each jar. For added insurance against browning, add 250 illigrams of ascorbic acid (vitamin C) to a quart of peaches. You an buy ascorbic acid crystals or tablets at a grocery or drug store.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 8, 1950

Short-Cut Rolls Save Time in Summer Meal Preparation

URBANA--Short-cut rolls which require no kneading or shaping can save a great deal of meal preparation time during the summer.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, recommends the following recipe. With the basic recipe, you can make several different kinds of rolls and coffeecake too, she says.

SHORT-CUT ROLLS

1 cup milk
1/4 cup fat
2 tablespoons sugar
1 teaspoon salt
2 eggs
1 cake or package rapid-acting yeast
1/4 cup lukewarm water
2 to 2 1/2 cups enriched all-purpose flour

Add shortening, sugar, and salt to milk and scald. Allow mixture to cool to about 80° F. Soften yeast in lukewarm water. Add eggs, one at a time, and softened yeast to other ingredients. Add sufficient flour to make a thick batter (similar to muffins). Beat well. Let batter rise about 30 minutes, or until quite light and bubbly. Fill greased muffin tins two-thirds full. Let rise 20 to 30 minutes longer, and then bake in hot oven (425° F.) 15 to 20 minutes. Yield: 1 1/2 dozen large rolls or 2 dozen small ones.

To make a jelly-nut coffeecake, use one recipe short-cut rolls. Let batter rise once. Melt 2 tablespoons butter or margarine, pour into a pan about 7x11x1-1/2 inches and grease it well. Combine 1/4 cup sugar and 3/4 cup currant (or other tart) jelly, and beat until smooth. Spread evenly over the bottom of the pan. Arrange 1/4 cup pecan halves or walnut quarters over surface of jelly. Pour in batter; cover and let rise 20 to 30 minutes. Bake in a moderately hot oven (375° F.) for 25 to 30 minutes. Turn out onto platter.

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COC:pm
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 9, 1950

How To Prepare Variety Meats

URBANA--Variety meats--liver, brains, and tongue--are good to serve during these days of high meat prices. They're easy to prepare, and good for summer meals too.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, suggests that you serve cold sliced tongue for your Sunday night supper. You can make it into sandwiches, dice it for a main-dish salad, or use it in a sandwich spread.

You may buy beef, veal, lamb, or pork tongue. A beef tongue weighs 4 to 6 pounds; veal, 1 to 2 pounds; lamb, 1/4 to 1/3 pound; and pork, about 1/2 pound. Select the one which suits your family's tastes and needs.

Precook the tongue in salted water until tender. Remove the skin and cut out the roots. Smoked or pickled tongue is usually soaked for several hours before cooking. Several changes of water may be necessary when cooking smoked tongue.

One tip for tastiness: Allow the tongue to cool in the water in which it was cooked; it will be more moist this way.

If you prefer, you may serve the precooked tongue hot by braising or baking it, or by reheating it in pickle solution.

If you would like general information about cooking brains, heart, kidney, liver, oxtail, sweetbreads, or tripe, write for the "Variety Meat Cookery Chart," University of Illinois College of Agriculture, Urbana.

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COC:pm
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Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 10, 1950

se Pressure Canner to Preserve Corn

URBANA--The only safe way to can corn is in the pressure anner. Corn is a low-acid vegetable and therefore needs a high tem-erature to destroy spoilage bacteria.

Miss Geraldine Acker, foods and nutrition specialist, Uni-ersity of Illinois College of Agriculture, advises choosing young, ender corn for canning. The kernels should be fully formed, and the ilk thin and sweet.

Working with small amounts of corn at a time and completing ne whole canning job as quickly as possible will result in a tasty, ender product. Husk and silk the corn, using a stiff brush to remove ne silk if necessary. Trim off any wormy or undeveloped sections.

The next step is to cut the kernels from the cob. A simple idget which makes cutting quick and easy is a wooden block with a ail driven through it. Place the end of the cob on the nail. Cut ne kernels off at about two-thirds their depth, slicing away from the ob. Do not scrape the cob.

Measure the corn into cooking pans. Add one-half as much oiling water as corn. Heat to the boiling point. Pack into pint ars or No. 2 C-enameled tin cans. Leave one inch of head space in ach jar or can to allow for expansion during processing. To each pint ar, add 1/2 teaspoon salt and 1/2 to 1 teaspoon sugar (if desired).

Process in the canner at 10 pounds. Pint jars require 60 inutes; quart jars, 70 minutes; No. 2 cans, 50 minutes: No. 3 cans, 5 minutes.

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FOR RELEASE THURSDAY, AUGUST 10, 1950

The Homemakers' Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--For canning, be sure to select tomatoes which are firm and well ripened. Look for those that are fairly well-formed and free from blemishes also.

In best quality corn the husk is a fresh green color, while the kernels are tender, milky, and large enough to leave no space between the rows. The ears should be filled to the tip. When canning corn, pick or buy a small amount and process it as quickly as possible.

For good cabbage look for well-trimmed, reasonably solid heads that are heavy for their size and that show no discolored veins. Serve sweet-sour slaw for your summer meals. To shredded cabbage, add a bit of grated onion and celery salt. Then top with a dressing made with sugar, vinegar, salt, pepper and thick sweet or sour cream.

Fish--Heavy quantities of Canadian whitefish have been arriving at the Chicago wholesale fish market. Check at your local market to learn whether the moderate wholesale prices are reflected there. Other fish in good supply are lake herring and Canadian lake trout.

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Homemaking
Radio News

/ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 11, 1950

Hard, Caked Sugar--Difficult to Use

URBANA--Aging does not improve sugar. In fact, sugar that is kept too long will harden or cake. And hard sugar is difficult--almost impossible--to use.

Homemakers who have overstocked eventually will have to use up hard, caked sugar--or will waste it. That is one of the disadvantages of hoarding sugar.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that even though sugar is a staple food which keeps well for a considerable time in a closed container, it is apt to cake in humid summer weather.

The demand for sugar has increased over and beyond seasonal canning needs. This overdemand has caused unnecessary temporary shortages in some places.

There is no need to hoard. Supplies of sugar are more than ample for the needs of this country, according to reports by U. S. Department of Agriculture sugar specialists. Cuba still has 400,000 tons in U. S. reserve and other supplies which could be sent in if needed. Hawaii and Puerto Rico also have larger supplies than quantities estimated as needed by the United States. And the sugar beet crop of this country is expected to be very large this fall--it may even be record-size. The cane crop in Louisiana and Florida is expected to be large too.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 12, 1950

Serve Refreshing, Easy-to-Make Summer Desserts

URBANA--For summer meals, plan desserts which are easy to make, nutritious, refreshing and interesting in color, texture, and flavor.

Be sure the dessert "goes" with the meal too. For example, serve a light dessert with a heavy meal; a rich dessert with a light meal.

These suggestions were made today by Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

For light desserts, take advantage of the berries and fruits in season. Fresh raspberries or sliced peaches in a baked tart shell topped with whipped cream or meringue make an attractive and tasty dessert.

Fresh fruit shortcake, chiffon pies, and rich gelatin mixtures are suggestions for a heavier-type dessert. If you want something extraspecial, serve luxury cake. Just place a slice of ice cream between two thin slices of sponge cake and top with fresh fruit.

Chilled fruit cups are tops for a hot summer day. Serve fruits in interesting color, flavor and texture combinations. Watermelon, cantaloupe and honeydew balls make a tasty fruit cup.

Avoid cream desserts during hot summer weather. They tend to spoil easily. If your family likes pie, make a fresh fruit, berry, or refrigerator pie instead of cream-filled or custard-type pies.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 14, 1950

Tips on Buying Men's Suits

URBANA--Twenty-six million men's suits are purchased each year. Are you about to buy one of them? How do you know you're going to get your money's worth?

One point to examine closely when buying a man's suit is the type of cloth used in the outer suit, says Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture.

Look for labels on the suit. A fiber-content label is required by a federal law on suitings which contain wool. These tags must be on each piece of the suit--the coat, vest, and trousers.

This fiber-content label tells: 1) the kind of wool and how much the suiting contains; 2) the percentage, if any, of fibers other than wool; and 3) the name of the manufacturer or person selling the suit. This information applies only to the outer cloth--not to the lining and hidden materials inside the coat, unless they are specifically mentioned.

Terms which may be used on the fiber-content label are: Wool, reprocessed wool, or re-used wool. Wool means that all fibers are new wool. In suitings they are likely to be fleece wool from sheep or mohair from goats.

Reprocessed wool is made from scraps and cuttings of wool fabrics that have never been worn or used. Reprocessing tends to break and shorten fibers somewhat so that the cloth is not so good as that made from the original wool. However, suitings from reprocessed wool can be satisfactory for ordinary wear.

Re-used wool is made from scraps and cuttings of wool fabrics which have been cleaned, sorted, and torn apart. Fibers of re-used wool are short and weak and usually have to be blended with other fibers in making new cloth.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 15, 1950

Analyze Needs Before Buying Shrink-Resistant Wool

URBANA--Shrink-resistant wool fabrics are now available on the market. You can buy such items as shrinkage-resistant hose, shirtings, blankets, and yard goods.

This finish is so new that complete data about serviceability are not available, but you can experiment for yourself.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says you should analyze your needs carefully before buying shrink-resistant wool.

For example, if you have to shrink out the fullness in the hem of a flared skirt or on the back shoulder seam of a coat, you may not want wool yard goods which has been treated to resist shrinkage.

On the other hand, if the garment is going to be worn in the rain, you may prefer to buy a cloth which has controlled shrinkage. In this case the problem of fullness must be solved through wise choice of pattern.

A new finish to control shrinkage of cotton materials is also on the market. A resin is used on cottons to stabilize the weave. This new finish is not the same as sanforizing. In sanforization, the amount of shrinkage is predetermined, and then the material is shrunk to that extent without adding anything.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 16, 1950

Make Some Chicken a la King--and Freeze It

URBANA--Prepare some chicken a la king for your home freezer while chicken supplies are so plentiful and prices so moderate.

That's the word from Mrs. Royene F. Owen, foods and nutrition research specialist, University of Illinois College of Agriculture. That chicken will be extra-tasty for fall and winter meals.

CHICKEN A LA KING
(4 pints)

4 tablespoons butter
1/2 green pepper cut in strips
1/4 pound fresh mushrooms or contents of 4-ounce can
3/8 cup flour
2 cups coffee cream or evaporated milk
2 cups chicken broth
3 cups diced cold chicken
1/2 pimento cut in strips
Salt and pepper to suit taste

Melt butter in top of double boiler over direct heat. Add green pepper and mushrooms, cover, and simmer for five minutes. Lift out pepper and mushrooms. Blend flour into fat; add cream, broth, and seasonings. Cook until sauce thickens, stirring constantly. Add chicken, pimento, green pepper, and mushrooms, Place over boiling water, cover, and cook until chicken is heated through. Cool quickly and package in containers that can be sealed tightly and will not leak. Freeze immediately.

To serve, place frozen chicken a la king in top of double boiler and heat for about 45 minutes. Serve immediately.

If you would like more information on "Freezing Cooked and Prepared Foods," write for Circular 618 from the College of Agriculture, University of Illinois, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 17, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies that are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--Choose firm, brightly colored carrots for best eating and preserving. Select those that are smooth, clean, and free from straggling rootlets. Remember that carrots are a low-acid vegetable and therefore require a pressure canner for safe preservation.

Look to locally grown vegetables for a fresh and moderate-priced supply for preserving. To get top-quality preserved food, follow the motto "Speed from garden to can." Pick or buy and process the vegetables the same day.

Eggs--Here is a way to save on your food budget: Supplies of grade B eggs are especially plentiful this month. These eggs sell for less than top-quality eggs. And they'll do just as well for omelettes, souffles, baked, scrambled eggs, or wherever they're mixed with other foods.

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OOC:ss
8-14-50

FOR RELEASE THURSDAY, AUGUST 17, 1950

Standards and Labels Developed for Rayon

URBANA--Standards and labels for 50 rayon items in everyday use have been developed by the American Standards Association. If they are adopted, consumers will be able to tell exactly what to expect in the performance and care of rayon.

Voting for adoption of these standards will take place by August 28. Representatives of industry retailers and consumers' groups on the ASA rayon committee will vote.

Working with the association in developing rayon standards and labels are the Consumer Interests Committee of the American Home Economics Association and 30 other consumer, producer, retailer, and public interest groups.

Labels and standards would make it easier to buy satisfactory rayon clothing for every member of your family and rayon fabrics for every room in your house. You would know whether the fabric is washable or should be dry-cleaned, what you could expect from it and how you should take care of it.

Consumers should express their desire for the adoption of rayon labels and standards. Tell the manager of your department or dry goods store that you want rayon standards and labels.

If you're a member of a woman's club or group, discuss these labels and standards. Then pass a resolution requesting adoption, and send a copy to Mr. Jay D. Runkle, chairman of the committee for the development of rayon standards, vice president and general manager, Crowley, Milner, and Co., Detroit. Also send a copy of your resolution to the National Retail Dry Goods Association, 100 W. 31st St., New York 1, N. Y.

For more information on rayon standards and labels, write for "Do You Want to Know What to Expect From Rayons?" University of Illinois College of Agriculture, 206 Bevier Hall, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 18, 1950

How to Freeze Sweet Corn

URBANA--Select top-quality sweet corn for freezing. And prepare it as soon after picking as possible.

Dr. Frances O. Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture, advises using young, tender corn for freezing. Pick it when it is in the milk stage.

Whole-kernel corn is good for freezing, according to tests at the home economics foods research laboratory. Here is how to prepare it for freezing: First remove husks. Then wash the corn, using a dry vegetable brush to remove the silks. Discard any parts that are not up to standard.

Blanch eight medium ears of corn in four quarts of boiling water for eight minutes. To blanch, place the corn in a wire basket and dip it into rapidly boiling water. Count the time from the moment it is put into the water.

Plunge the corn into ice water or cold running water as soon as you remove it from the kettle of boiling water. Cool it until a kernel pulled from the cob feels cold to the tongue.

Cut the kernels from the cob, slicing away from it. Do not scrape the cob. Pack the corn into containers that can be sealed tightly and that will not leak. To allow for expansion, fill to within 1/2 inch of the top. Seal and label the containers. Freeze as quickly as possible.

Corn may also be frozen on the cob. But it takes up a great deal of freezer space. And it presents a cooking problem, because the ears should be thawed before cooking. Otherwise, the kernels may be thoroughly cooked but the cob may remain frozen.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 19, 1950

How to Treat Sun-Tan Lotion or Leg Make-Up Stains

URBANA--Prompt action is necessary in order to remove sun-tan lotion or leg make-up stains from clothing.

That's the word from Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. First, use cool water on the stain, she says. If that does not remove it, send the garment to your dry cleaner as soon as possible.

Prompt action is necessary because some sun-tan preparations contain tannic acid. It forms a stain which may set after several days. Heat may also set the tannin stain. This type of stain is difficult to remove.

Read the label on your bottle of sun-tan lotion. If it contains tannic acid, here are other precautions to follow: (1) Do not use hot water. (2) Never press the garment until the stain has been removed. (3) Do not hang the garment in the sunlight.

Leg make-up may leave a stain around the hemline of your dress. Some of these stains can be removed with cool water; others require special treatment.

First, try cool water on the stain. If that does not remove it, send the garment to your dry cleaner. Complete removal of this type of stain depends on the age of the stain, the fastness of the dyestuff, and the weave construction of the fabric.

In both cases be sure to pin a note to the garment before you send it to the dry cleaner, telling him exactly what kind of stain it is.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 21, 1950

ips on Arranging Pictures

URBANA--When arranging pictures in your rooms, consider them s part of a furniture grouping, and not as objects in themselves.

That's the advice from Miss Dorothy Iwig, home furnishings pecialist, University of Illinois College of Agriculture. Don't let he picture appear to dangle in midair. Place a chest, table, or hair under it so that the piece of furniture will seem to support the icture.

When you choose pictures for a particular room, consider the ize of the furniture and the wall space. Don't place a tiny picture bove a large or heavy-looking table. Select and place the picture so hat it is in good scale with the table. Hang it low enough to look s though it really belonged there.

Hang the pictures at a height that will let most people en-oy them. You may want to hang them so that the wires do not show. f the picture is unusually large, you can hang it with two parallel ires. If you wish, you can paint the wires the color of the wall.

When pictures are hung in groups, it is advisable to have hem the same size and the same general subject, says Miss Iwig. They hould be framed alike too. Hang them so that they are well balanced nd evenly spaced. The grouping should be pleasing and restful to the yes.

If you would like more information about arranging pictures, rite to the University of Illinois College of Agriculture, Urbana, for leaflet entitled "Pictures for Your Walls."

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 22, 1950

Tips for Making Pickles

URBANA--For success in pickling, be sure to choose fresh, good-quality fruits and vegetables.

That's the word from Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture. Cucumbers and green tomatoes are best when pickled within 24 hours of picking. Fruits used for pickling may be slightly underripe.

The right ingredients and accurate measurements make for good pickles. Whole spices are best to use in most cooked pickles. They keep their flavor longer and do not darken the products so much as ground spices do. Whole spices can be tied in a cloth to cook with other ingredients, and then lifted out before the pickles are packed.

Use a good, clear, standard vinegar that is free from sediment. Vinegars contain 4 to 6 percent of acetic acid. This is about twice as strong as the standard vinegar of 15 to 20 years ago. For that reason pickles made by old recipes may be too sour, or they may shrivel.

Do not use a copper or iron kettle to cook the syrup for pickles. The acid may react with the tarnish on the metal and form poisonous salts. You may use any other type of kettle--such as enamelware, aluminum, stainless steel, etc. Sterilized crocks or jars may be used for storing pickles.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 23, 1950

Select Young, Tender Soybeans for Freezing

URBANA--Tuck some of those bright green soybeans into your freezer. Soybeans are rich in protein and will be especially good to serve for fall and winter meals.

"Freezing is the most satisfactory way to preserve green soybeans," says Mrs. Royene F. Owen, foods and nutrition research specialist, University of Illinois College of Agriculture. Select only young green beans of the best quality, and process them as soon after harvesting as possible.

Here is how to prepare green soybeans for the freezer: First blanch (scald) the unhulled beans, using one pound of soybeans to 1 1/2 quarts of boiling water. Use a wire basket to dip the beans into the water. Keep them in the boiling water for five minutes, counting the time from the moment they were put in. Continue heating the water throughout the five minutes.

Cool the beans in cold running water: hull them, and pack in containers that can be sealed tightly and that will not leak. Allow 1/4 inch of head space in pint containers and 1/2 inch for quarts. Seal the containers and take to the locker for freezing, or place in the home freezing unit immediately. Store at 0° F. or lower.

Do not thaw frozen soybeans before cooking them. Put the frozen beans into boiling salted water. After the water returns to boiling, cook them for 10 to 12 minutes. Use the least amount of water possible--about 3/4 cup for each pint of beans.

If you would like more information about soybeans, write for Circular 662, "Recipes for Using Soybeans," College of Agriculture, University of Illinois, Urbana.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 24, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies that are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--For pickling, be sure to choose cucumbers that are fresh and of good quality. Cucumbers are best when pickled within 24 hours of buying or picking.

Tomato marketing is in full swing this week. Heavy supplies are coming into wholesale markets throughout the midwest. For processing, select firm, well-ripened tomatoes. You may want to make your favorite relish or catsup while prices are so good. Because tomatoes are high-acid, they can be preserved by the cold or hot pack method in the boiling water bath.

Sugar--There's plenty of sugar. Secretary of Agriculture Charles F. Brannan recently announced that 600,000 tons of Cuban sugar had been added to the United States' stocks.

Cheese--For luncheons, picnics, or cold suppers, serve plentiful cheese. Cottage cheese salads and slices of brick cheese are good for hot-weather meals. It's a good food to help members of your family meet their daily recommended milk intake.

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COC:ss
8-21-50

FOR RELEASE THURSDAY, AUGUST 24, 1950

Green Soybeans--A Good Meat Substitute

URBANA--Serve green soybeans as a meat substitute in some of your family meals. They are a rich source of protein. The difference in cost will help your food budget.

This suggestion was made today by Mrs. Royene F. Owen, foods and nutrition research specialist, University of Illinois College of Agriculture. The bright green beans will add color and tastiness to your meals too.

You can serve soybeans in many ways--with other vegetables, meat or fish in casserole, in a salad, or in creamed dishes.

Be careful not to overcook green soybeans. Remember that they will not soften as peas do. When soybeans are properly cooked, they will still be bright green and have a firm nutty texture.

You may cook soybeans in the pod of after shelling them. It's a good idea to shell before cooking, though, because it is hard to shell the beans while hot.

For easy shelling, pour boiling water over the pods and leave them in the hot water for 5 minutes. Then drain and cool them. Break the pods crosswise and squeeze out the beans. They are then ready to cook. You can shell without scalding, but it is more difficult and takes more time.

For cooking, use one cup of boiling water containing 3/4 teaspoon of salt for a pint of shelled beans. Cook in a covered pan for 15 to 20 minutes after the water returns to boiling. Drain the beans and season with butter or in any other way you wish.

To cook before hulling, wash the pods carefully and then cook for 20 to 25 minutes.

If you would like some "Recipes for Using Soybeans," write for Circular 662, University of Illinois College of Agriculture, Urbana.

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OOC:ss
8-21-50

Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, AUGUST 25, 1950

Tips on Choosing Cottons for School Wear

URBANA--When selecting cottons for that back-to-school sewing, ask for information about colorfastness and shrinkage.

This suggestion was made today by Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture.

Look for a label, or ask the salesperson for this information. If the fabric has been completely preshrunk. you won't have to buy more yardage than the pattern calls for. If you don't know that the material is preshrunk, be sure to buy an extra amount. Then shrink it before sewing.

A guarantee of colorfastness means that the color won't fade. Look for information about laundering too. Then follow the manufacturer's directions.

Give some attention to plaid ginghams for your children's school clothes. Dark-toned ginghams are sturdy, don't soil easily, and launder well. The colors are attractive too. These fabrics may be more confortable than the warmer fabrics for children to wear in steam-heated homes and schoolrooms.

Consider color and design when you select ginghams for children's garments. Fit the fabric to the personality, age, and coloring of the child. Size of design is important too. Some designs are too large and some too bold for certain children.

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COC:ss
8-21-50

Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, AUGUST 26, 1950

Use Fully Ripe Tomatoes for Chili Sauce

URBANA--Use some of those ripe, juicy tomatoes from your garden or local market to make chili sauce. It is easy to prepare, and you'll find many uses for the sauce in your fall and winter meals.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says you can make a bright red sauce or a brownish sauce, whichever you prefer. The use of whole cloves and cinnamon gives a bright red sauce; ground spices, a brownish sauce.

CHILI SAUCE
(3 quarts)

4 quarts (24 to 28 medium-sized) peeled and chopped tomatoes
2 cups chopped sweet red pepper
2 cups chopped onion
1 hot pepper, chopped
2 tablespoons celery seed
1 tablespoon mustard seed
1 bay leaf
1 teaspoon whole cloves
1 teaspoon ground ginger
1 teaspoon ground nutmeg
2 three-inch pieces stick cinnamon
1 cup firmly packed brown sugar
3 cups vinegar
2 tablespoons salt

Combine the tomatoes, sweet pepper, onion, and hot pepper. Put the celery seed, mustard seed, bay leaf, cloves, ginger, nutmeg, and cinnamon loosely into a thin, white cloth; tie the top tightly.

Add spices to the tomato mixture and boil until mixture is one-half of the original volume. Stir frequently to prevent sticking. Add the sugar, vinegar, and salt. Boil rapidly (stirring constantly) for about 5 minutes. Remove sack of spices. Pack chili sauce into clean, hot, sterile jars. Fill jars to top; seal tightly.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, AUGUST 28, 1950

Save Time in Sewing--Follow Unit Construction

URBANA--To save time when sewing those school-time togs for your children, follow the unit construction method. Do as much sewing as possible on each piece of the garment before putting the parts together.

That's the advice of Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture. This method reduces handling of the fabric and therefore saves time.

Make it a rule to study the pattern instructions carefully before you sew. Learn what the seam allowance is; study the stitching that needs to be done on each piece of the garment. Then assemble the pieces in the order in which they will be stitched.

Start with the blouse of the dress, for example. Work on one front first, then the other, and finally the back. Staystitch the curved edges; staystitching is a line of machine stitching made on or just inside the seam line of curved or bias edges to prevent stretching.

Then you are ready to make darts, tucks, gathers, or pleats--according to the design of the pattern. You can also make the buttonholes or pockets at the same time.

When you have completed each piece of the blouse, you are ready to sew the shoulder seams. Adjust the seam guide for the width of seam allowance indicated by the pattern. After the seams are sewed, finish the neckline; then sew in the sleeves.

Follow this general method for your fall sewing. You'll save time, and the garments will look better because they have had little handling.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, AUGUST 29, 1950

Watermelon Pickles--How to Make

URBANA--Watermelon pickles are fine to serve with meats. They are a special kind of pickles--ideal for that important dinner or party.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, recommends the following method for making watermelon pickles:

Trim off all the red meat and the hard green rind of the watermelon. Soak two pounds of the rind overnight in salt water (1/4 cup salt to 1 quart water). Drain off the brine.

Cook the watermelon rind in clear water until it is tender. Add the rind to the hot pickling solution made of the following ingredients. Boil rapidly until it becomes clear.

PICKLING SOLUTION

2 pounds sugar
1 pint vinegar
1 pint water
1 teaspoon cinnamon
1 teaspoon cloves
1 teaspoon allspice
1 lemon, sliced thin

If you would like the pamphlet, "Suggestions for Making Pickles," write the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, AUGUST 30, 1950

Peach Dishes--for Busy Holidays

URBANA--The Labor Day week end calls for extra "fixings" in the kitchen. Just keep some peaches on hand, and you'll be able to make many tasty treats.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says peaches add nourishment as well as color and tastiness to your meals. They have a goodly supply of vitamin A and a fair amount of vitamin C.

Individual peach dumplings are easy to make. Just make a rich pastry dough and roll it out in about 6-inch rounds.

In the center of the dough, place a peeled peach with the pit removed. Sprinkle the peach with a mixture of sugar, cinnamon, and a few grains of salt. Dot with butter. Lift up and press edges of dough together. Place in buttered muffin tins and bake in a moderate oven (350-375) for about 30 minutes. Serve hot with cream, hard sauce, or slightly thickened peach juice.

Broiled peaches--served piping hot--are luscious with meat. Just peel a peach, cut in half, and remove the stone. Sprinkle with sugar, dot with butter, and broil until delicately browned.

You can use those broiled peaches for dessert too. As soon as the peach is out of the broiler, stick a square of sweet chocolate in the cavity. Allow it to melt for a few minutes. Just before serving, top with vanilla ice cream. Or you can fill the peach cavity with currant or plum jelly. It's tasty and colorful.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, AUGUST 31, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--Check the supply of celery at your local markets. For good quality, choose celery that has leaf stems or stalks brittle enough to snap easily. A good heart formation also indicates good quality.

For good-quality potatoes, select firm ones which are free from cuts, growth cracks and other surface defects. If you choose those that are well shaped and have shallow eyes, waste in preparation will be kept to a minimum.

Honey--Use honey frequently while supplies are so good. Honey is made of two simple sugars that are easily digested. Use honey on breakfast toast, waffles, or cereal, or to sweeten fruits. Creamed peanut butter and honey are good sandwich makings.

Poultry--If you have freezer facilities, you may want to take advantage of the goodly supply of chicken. Freeze and store some young chickens now for use later.

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FOR RELEASE THURSDAY, AUGUST 31, 1950

Home Economics Trains for Profession AND Homemaking

URBANA--Home economics at the University of Illinois now offers 12 different majors compared with two in 1941.

"The training is concerned with the education of students for satisfying family life," says Dr. Janice M. Smith, head of the home economics department.

Young girls who major in home economics get a two-in-one value. They are trained for a profession and also for the position of wife and homemaker.

A girl majoring in home economics can choose from the following options:

1. General--for homemaking and extension work
2. Foods and Nutrition
3. Hospital Dietetics
4. Institution Management
5. Household Management
6. The Child and the Family
7. Teaching
8. Textiles and Clothing
9. Apparel Design
10. Retailing Apparel and Home Furnishings
11. Restaurant Management
12. Home Economics and Journalism

If you would like more information about home economics, write for the leaflet, "Your Future in Home Economics," Department of Home Economics, 109 Bevier Hall, University of Illinois, Urbana.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 1, 1950

How to Prevent Hollow, Soft, Shriveled Pickles

URBANA--You can prevent those pickle troubles which result in soft, hollow, or shriveled pickles.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, today listed the following causes and ways to prevent pickle troubles:

Soft or slippery pickles usually result when the brine is too weak to prevent the action of spoilage bacteria. Or the pickles may be exposed above the brine. To prevent, weight the pickles so they will stay under the brine. Cover with a plate. Then place bricks, glass jars filled with sand, or clean stones (except limestone) on the cover. Lime and iron blacken the pickles.

Another way to prevent soft or slippery pickles is to keep the brine at the proper strength, according to directions.

Shriveled pickles may be caused by using too much salt or sugar, or by using vinegar that is too strong. If very sweet or sour pickles are desired, it is better to place them first in a weak solution, and then in a strong one.

Hollow pickles may result when the cucumbers are held longer than 24 hours before they are placed in the brine. Faulty development of the cucumber may also be a cause.

If you would like a copy of the bulletin "Suggestions for Making Pickles," write the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 2, 1950

Cake Toppings--Save Time--and Tasty Too!

URBANA--Cake toppings which can be sprinkled over unbaked cake batters are time-savers during busy food preservation days.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, recommends the following recipe:

SPICY NUT TOPPING

1/4 cup brown sugar, firmly packed
1/2 cup sifted all-purpose flour
1/2 teaspoon cinnamon
3/4 cup chopped nuts
1/8 teaspoon salt

Mix ingredients, sprinkle over unbaked cake batter and bake as usual. This frosting is especially good on chocolate cake.

A topping especially good on whole-egg cake flavored with lemon is a lemon-nut topping. Just mix three tablespoons granulated sugar, 1 teaspoon grated lemon rind, 1/2 teaspoon allspice, and 1/2 cup chopped nuts. Sprinkle on unbaked cake batter and bake as directed.

If you would like a copy of Miss Cook's bulletin,"Good Cakes Every Time," write the University of Illinois College of Agriculture, Urbana, Illinois.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 4, 1950

How to Make Pickled Peaches

URBANA--Pickled peaches are a tasty addition to fall and winter meals. Now is the time to tuck some into your preserves closet.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, recommends the following recipe for pickled peaches. It is an easy one which gives tasty results, she says.

PICKLED PEACHES

4 pounds peaches--small yellow freestone preferred
3 cups sugar
1 cup vinegar
1 cup water
4 sticks cinnamon, broken in small pieces
4-5 cloves for each peach

Boil vinegar, sugar and cinnamon for 15 to 20 minutes, or until the syrup begins to thicken. Peel the peaches and stick the cloves into each peach. Drop a few peaches at a time into the syrup and cook until tender. Pack into sterilized jar, continuing until jar is full. Add boiling syrup, one stick of cinnamon, seal, label, and store.

For the bulletin "Suggestions for Making Pickles." write the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 5, 1950

What to Use--Soap or Synthetic Detergent?

URBANA--"Should I use a soap or synthetic detergent for laundering?" That is a question heard frequently from Illinois homemakers.

The answer depends on (1) whether hard or soft water is used, (2) what type of fabric laundered, and (3) how badly the clothes are soiled.

So says Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture.

Soap is recommended for use in soft water. Soft water or water that is softened does not contain minerals which form a scum when soap is used. If the water supply is hard, however, a synthetic detergent will give best results. Soap plus hard water will cause a scum or curd that may stay in the clothes and give them a "tattle-tale" gray appearance. This scum may also cause machine difficulties. If you want to use soap with hard water, be sure to soften the water first.

Fine fabrics--rayons, nylons, silks--call for the use of unbuilt soaps or detergents. These products do not contain added alkaline builders and so do not harm the color of the fiber.

Heavy-duty laundry or general family laundry is most effectively washed if a built soap or built detergent is used. These built products contain added alkaline salts which increase the cleaning efficiency. One precaution: Do not use on colored or fine fabrics.

Information about the use of a soap or synthetic detergent can usually be found on the box. You'll see "for fine fabrics" or "for heavy-duty laundry" on some of the boxes.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 6,1950

Don't "Shoo" Your Child Outside--Let Him Help You

URBANA--Start early to help your child learn that he has a part in the family activity--both work and play.

That's the advice of Miss Margueritte Briggs, child development specialist, University of Illinois College of Agriculture.

If you send your child "outside to play" rather than let him help you pick up his toys or wipe the dishes, you'll soon find that he won't be willing to help as he grows older. He'll find something else to do, and will continue to do it even when you need him and when he's old enough to really help.

"We'll have a generation of children with no responsibility, if we continue to keep them 'out of the way' all the time," Miss Briggs says. Think of the child's personality and the long-time goals for your family.

Here are some suggestions which will help to teach children that they have a part in family work:

Motivation is the most important fact to consider, says Miss Briggs. The human being learns first through motivation or interest in an activity. For example, ask your child to help put his toys away by saying, "Daddy will be home soon; he'll give us a great big smile if we have the living room clean," or "let's get the room spic and span so we can enjoy it with Daddy."

Family cooperation is necessary too. Mothers and dads should take time out to answer the plea, "show me how," or "let me help you." It will pay back dividends in family closeness and a child who knows how and wants to do many things.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 7, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Fruit--Use those tasty peaches in many ways for your September meals. Peaches in salad, cobbler, pie, cake, or ice cream are welcome additions to any meal. Choose firm, ripe peaches; avoid those with worm holes, brown spots or rot.

Vegetables--For good-quality lima beans, choose those that are plump and have a tender skin of good green or greenish white color. When buying beans in the pod, look for clean, well-filled pods of a dark green color. Flabby pods usually indicate poor quality.

Eggs--Be sure the eggs you buy at the market have been refrigerated. Chances are they've lost a lot of quality if they haven't been. At home, store eggs in a covered bowl or pan, away from strong-smelling foods.

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FOR RELEASE THURSDAY, SEPTEMBER 7, 1950

Increased Protein Necessary During Pregnancy

URBANA--Don't follow the old saying "eat for two" during pregnancy. Your diet during pregnancy is a normal one.

Only a slight calorie increase is necessary. But the child's development may require that the protein-building foods, vitamins, and minerals be doubled or more than doubled during pregnancy.

Mrs. Katherine Knight, nutrition research specialist, University of Illinois College of Agriculture, says, "During pregnancy you should pay more attention to foods which supply the best building materials. These include protein foods such as milk, meat, and eggs."

Increased amounts of calcium and iron are also necessary. Milk is the best food source of calcium. And liver should be eaten once a week to provide necessary iron.

Here is what you should eat daily during pregnancy: One quart of whole milk; one or more liberal servings of lean meat (liver at least once a week), at least one egg, two or more servings of fruit (one a good source of vitamin C), and two or more servings of cooked or raw vegetables. These should include dark green leafy or deep yellow vegetables and legumes several times each week.

Other foods you should eat daily are: a medium potato cooked in the skin; enriched or whole grain bread or cereal: two tablespoons butter or fortified margarine, and some form of vitamin D to supply 400 to 800 international units.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 8, 1950

Home Economics Education Offers Many Jobs

URBANA--Girls who have a home economics education can work in numerous positions in many fields. And they're also trained for homemaking.

The University of Illinois department of home economics reports that there are more jobs than graduates in home economics. The department has been receiving 200 to 250 requests from potential employers each year for the past three or four years. Because their graduates were already satisfactorily placed, the department has been unable to recommend anyone in about half the cases.

If a girl wants to prepare for homemaking while acquiring a liberal college education, she can take the general course in home economics at the University of Illinois. If she wants to obtain training that will fit her for a salaried profession, she can choose any of the 12 majors in home economics.

Some of the positions available are: dietitians, teachers, clothing designers, home equipment consultants, home advisers, food demonstrators, radio editors, and many others.

If you would like more information about home economics, write for the leaflet, "Your Future in Home Economics," Department of Home Economics, 109 Bevier Hall, University of Illinois, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 9, 1950

each Crumble--Easy to Make, Tasty Dessert

URBANA--Prepare a peach crumble for Sunday night dessert. :'s easy to make and extra-tasty.

Miss Frances Cook, foods and nutrition specialist, Univer- ity of Illinois College of Agriculture, suggests the following recipe:

PEACH CRUMBLE
(6 servings)

8 fresh peaches, sliced
1 teaspoon lemon juice
1/4 teaspoon salt
3/4 cup all-purpose flour
1 cup brown sugar
2 tablespoons butter

Arrange peaches in buttered 9-inch pie plate: sprinkle with mon juice. Blend flour, sugar, butter, and salt until the mixture sembles cornmeal. Sprinkle over peaches.

Bake at 350° F. until peaches are soft and top is bubbly d golden brown. Time--about 30 minutes. Serve hot or cold with eam.

For a copy of "Peaches--Eat Them Now, Eat Them Later," write e University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 11, 1950

ıtrition Group to Meet in Springfield

URBANA--The Illinois State Nutrition Conference to be held ,turday, September 30, at Springfield, features Dr. Ruth M. Leverton, ıiversity of Nebraska, as guest speaker. She is a professor of human ıtrition research and one of the leading figures in this field.

Dr. Janice M. Smith, head of the department of home econom-.s, University of Illinois, will present "Recent Findings in Nutri-'on" at the meeting.

A report by a member of the governor's committee for the d-Century White House Conference on Children and Youth is also heduled for the conference. Background information on the confer-.ces and material which has been assembled for the Illinois group to ke to Washington will be discussed.

All conference sessions will be held at the St. Nicholas tel in Springfield.

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Cure for Uneven Cakes

URBANA--If your cakes come out of the oven higher on one side an the other, check the oven grate, the pan or the temperature of e oven.

Miss Frances Cook, foods and nutrition specialist, University Illinois College of Agriculture, says any one of the following may use uneven cakes: The oven grate may not be level, the pan may be rped, the batter may have been spread unevenly in the pan, the oven mperature may have been uneven, or the pan may have been too near e edge of the oven.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 12, 1950

e Pressure Canner to Preserve Snapbeans

URBANA--Snapbeans will be plentiful throughout September. Re-
mber when you preserve beans that the only safe way to process them
in the pressure canner.

So says Miss Frances Cook, foods and nutrition specialist,
iversity of Illinois College of Agriculture. It may be more dangerous
preserve snapbeans than any other food without steam pressure, she
ys.

Processing time for snapbeans is shorter than it was several
ars ago. Time for pint jars is 20 minutes; for quart jars and No. 2
ns, 25 minutes; for No. 2 1/2 cans, 30 minutes. Pressure should be
pounds. Check your preserving timetable, and bring it up to date if
cessary.

Choose young tender beans for preserving. Wash and rewash
em. You may cut the beans or leave them whole. Cover with boiling
ter and boil for 5 minutes. Pack hot. Add one-half teaspoon salt to
ch pint, and cover with fresh boiling water. The snapbeans are then
dy for processing.

Count the processing time from the time 10 pounds' pressure or
0° F. is reached. Keep the pressure as uniform as possible. Uneven
essure may cause underprocessing and may also force some of the liquid
of the jars.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 13, 1950

w to Choose Accessories for Your Home

URBANA--When you buy a lamp, book ends, or another accessory r your rooms, don't select it only because you like the object itself. nsider how that accessory fits in with the room and its furnishings.

Miss Dorothy Iwig, home furnishings specialist, University of linois College of Agriculture, suggests that you consider the follow- g points when selecting an accessory:

1) Size of room, 2) wall treatment, 3) colors in the room, amount of pattern, 5) textures, 6) type of general furnishings-- rmal or informal, and 7) use of the object.

Don't choose a massive, heavy-looking lamp for a small room. not only will look out of proportion, but will also take up too much ace in the room.

Consider the color, pattern, and textures of your walls. A tterned lamp base or shade would look well with a plain wallpaper.

Choose a color that will harmonize with the colors already in room. Accessories of the same general color can give a pleasing thm in a room. One example is a green vase, a green chair, and a tion of green in a picture--all in one room.

Select an accessory that goes with the type of furniture you eady have. For example, you may want to choose a china-base lamp for ogany or walnut furniture--but not a lamp with a bamboo base or shade.

If your furniture is the formal type, it's a good idea to ose smooth-glaze pottery rather than the rough-textured type.

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Radio News

:RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 14. 1950

'he Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food ıupplies which are plentiful at local markets. Tips for bargain buys ome from Miss Frances Cook, foods and nutrition specialist, Univer- ity of Illinois College of Agriculture.

Fruit--Peach marketing will be at a high point this week and ext. That could mean good prices for buying quantities of peaches for anning or freezing and for making peach jam and preserves. Check the upply and demand at your local market. In home canning you can fig- re a yield of 18 to 24 quarts per bushel of peaches.

Vegetables--Those vegetables still available from home and ruck gardens include carrots, beets, sweet corn, tomatoes, cucumbers, nd cabbage. There may be others in your locality. And prices may be ttractive enough for home processing.

Eggs--Small pullet eggs are being marketed in increasing quan- ity in the Midwest now. These eggs sell for less per dozen than large ggs. They may be a better buy for you, depending on the difference in rice between the large and small eggs.

Fish--Best buy at the Chicago wholesale fish market is perch. ıeck supply and prices at your local market. Such a purchase could elp your food budget.

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FOR RELEASE THURSDAY, SEPTEMBER 14, 1950

Midcentury White House Conference Scheduled for December

URBANA--The fifth Midcentury White House Conference on Children and Youth will be held in Washington in December.

Illinois groups--both state-wide and community--are working together to learn about conditions facing their children and youth. These groups will then make recommendations for improvements at the conference.

Purpose of this conference is to determine what must be done to make sure that our children will be happy and responsible citizens.

The conference will consider how to develop in children the mental, emotional, and spiritual qualities essential to individual happiness and responsible citizenship. What physical, economic, and social conditions are deemed necessary to this development will also be studied.

Previous White House Conferences on children and youth have been held every 10 years since 1909. The first conference, called by President Theodore Roosevelt, resulted in the Children's Bureau.

Standards for children entering employment were established as a result of the second White House Conference called by President Wilson in 1919.

The third conference, called by President Hoover in 1930, was concerned with the total aspects of all children. Twelve experts worked 16 months on needs of children. Much of that work is still used as resource material in child development.

How children in a democracy can best be helped to grow into desirable citizens was the object of the fourth conference, called by President F. D. Roosevelt. Many child care programs during the war resulted from this conference.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 15, 1950

or Easy Fitting--Make a Dress Form

URBANA--If fitting garments is a problem in your home sew-ng, why don't you make a dress form?

Miss Fern Carl, clothing specialist, University of Illinois ollege of Agriculture, says you can make a paper dress form exactly ike your figure. It will help you get well-fitted, professional-ooking garments in your home sewing.

The form is made of gummed paper molded over the model's igure. Three layers of paper are used so that it will hold its shape hen it is removed from the model. The form is then varnished, or hellacked to help preserve its shape.

You'll need two knitted shirts, gummed paper,pins, yard-sticks, tape measures, and other inexpensive materials to make the ress form. Three or six workers are needed to paste the gummed paper ver the knitted shirt on the model.

The model should wear comfortable shoes while the dress form s being made. She will want to have on a well-fitted foundation gar-ent, and she should stand so as to be conveniently located in relation the workers and the table on which the equipment is placed. The orm can be finished in about 30 to 60 minutes, if the work is done apidly.

Complete directions on how to make a "Paper Dress Form" are vailable from the University of Illinois College of Agriculture, Ur-na. Be sure to follow directions carefully; and you'll have a sat-sfactory and useful dress form.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 16, 1950

Choose Top Quality, Mature Vegetables for Winter Storage

URBANA--For winter storage, choose only vegetables of the proper stage of maturity and the best possible quality. They should be free from injuries and defects.

That's the advice from B. L. Weaver, assistant professor of vegetable crops, University of Illinois College of Agriculture, and agricultural experiment station.

Beets, carrots, turnips, and winter radishes are some of the vegetables that can be stored successfully. To keep well in storage, they should come from late plantings. Light frosts will not harm them, so they can remain in the field until late fall. After pulling or digging them, trim off all but one-fourth inch of the tops. Do not wash them.

These crops keep well in an unheated basement, a storage cellar or, if the basement is heated, in a ventilated room partitioned off from the rest of the basement.

For storing in a basement, garage or storage cellar, pack the vegetables into boxes or baskets of loose, moist sand or fine, moist soil. The sand or soil prevents the vegetables from drying out, and also serves to maintain a uniform temperature.

For more information on "Winter Vegetable Storage," write for Circular 530, University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 18, 1950

Tips on Buying a Cookbook

URBANA--A University of Illinois foods and nutrition specialist today suggested that homemakers buy a new cookbook instead of one or two new kitchen gadgets.

Miss Frances Cook said that a new cookbook would probably help more than the gadgets in planning and preparing meals.

But before you buy a new cookbook, carefully examine the ones you already have. If you have a specialized book, such as one on vegetable or herb cookery, you may want a general book with directions for all-round cookery. Or, if you have a complete cookbook, you may want to add a specialized one to your collection.

Cookbooks for inexperienced cooks are available too. Directions in these books are more detailed and complete than in others.

"Know your author" may be a slogan to follow when buying a cookbook. Look for information about the author's training and background. You may be able to find it in the preface or on the book cover. It will tell you whether he or she is qualified to write the cookbook.

Before you buy a particular cookbook, make certain that the recipes are tested by one person or a group of people. You want to be sure that ingredients, proportions, and methods of mixing are the best that can be used

Directions should be clear and easy to follow. Examine several recipes for these points before you buy.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 19, 1950

lome Economics at Illinois Offers Two New Courses This Fall

URBANA--Two new courses in home economics will be offered t the University of Illinois this fall. They are a part of the re-ently developed core curriculum for both major and nonmajor students.

Dr. Janice M. Smith, head of the department of home eco-omics, University of Illinois College of Agriculture, says that these ourses are concerned with the personal development of the student. he courses have no university prerequisites.

Additional courses to be initiated in the fall of 1951 ex-and and apply these principles of personal development to needs for amily living.

This fall one course will be offered to two sections of ome economics majors. It will be open to entering freshmen. The ther course will be offered to one section of nonmajor students. It ay be taken by freshmen, sophomores, juniors, or seniors.

The course for majors is described as "a general home eco-omics course designed to contribute to the development of the student hrough a better understanding of the essentials of human relation-hips, techniques of management of time, energy, money, and materials, nd principles of nutrition including food preparation."

The coursefor nonmajors is described as "a general home eco-omics course designed to contribute to the development of the student hrough a better understanding of the essentials of clothing selection nd construction, considering aesthetic, psychological, and managerial spects."

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 20, 1950

Broiler Meals Save Time, Are Easy to Do

URBANA--Broiling is a simple and quick way to prepare an entire meal. Plan a broiler meal for a day when you know you will be busy with housecleaning, shopping, or visiting.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says you can broil the meat, fruit, and vegetables all at one time.

Here are some suggestions for a broiler meal: Broiled hamburger on buns, whole cooked carrots, and orange halves: a ham slice, orange-cinnamon sweet potato, and peach halves stuffed with cooked prunes; whitefish, tomatoes stuffed with macaroni and grapefruit halves.

Plan broiler meals. Have good color, flavor, and texture combinations. Include only foods that are suitable for broiling. Such foods should be tender or should require a short cooking period. You don't need to use the most expensive meats for broiling, but they should have little connective tissue and some fat throughout the lean. Ground beef and lamb may be broiled.

For a broiler meal, be sure to choose fruits or vegetables that can be broiled as long as the meat, or that can be added when the meat is half done and ready to be turned.

Brush meat (except lamb and beef which have a good amount of fat in the lean, and cured pork) fish, poultry, vegetables or fruit with melted butter or other fat before broiling. For variety, you can sprinkle fruits with sugar and cinnamon and/or nutmeg.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 21, 1950

he Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food upplies which are plentiful at local markets. Tips for bargain buys ome from Miss Frances Cook, foods and nutrition specialist, University f Illinois College of Agriculture.

Fruit--A price decline on peaches was reported by the mar-et news office of the U. S. Department of Agriculture this week. mall-sized peaches are a particularly good buy at some markets. Check rices at your local markets.

Vegetables--The largest crop of sweet potatoes in four years s on the market this fall. To select quality sweet potatoes, look or those that are smooth, well shaped, firm, and bright in appearance. void those with decayed spots.

The time to buy at most favorable prices is when the fresh-y harvested sweet potatoes are moving to market in greatest quantity. his is expected to be until mid-October. After that a heat-curing rocess is necessary to make the potatoes keep better. This process ids to the cost.

Fish--The Chicago wholesale fish market reports a drop in rices of Canadian trout and whitefish this week due to increased sup-lies. Check prices at your local market.

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FOR RELEASE THURSDAY, SEPTEMBER 21, 1950

Plan School Lunch, Meals at Same Time

URBANA--Plan your child's school lunch at the same time you plan other meals for the day, and in relation to those meals. When you plan, be sure to keep an eye on the basic seven foods.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, reminds you that each day every person should eat one or more servings of each of the basic seven foods.

To make sure that the child who takes his lunch to school gets the basic seven foods, use the list below as a guide. Check the quantity of food in the school lunch too. As a rule, about one-third of the day's food should be included in the lunch.

Here are the basic seven foods which you should eat each day (you may want to clip this list, and tape it to a cabinet door in the meal planning area):

1. Green and yellow vegetables--one or more servings.

2. Citrus fruits such as oranges and grapefruit, tomatoes, raw cabbage--one or more servings.

3. Potatoes and other vegetables and fruits--two or more servings.

4. Milk and milk products (such as cheese and ice cream) Children 3/4 to 1 quart; adults, 1 pint; expectant and nursing mothers, 1 quart.

5. Meat, poultry, fish, dried peas, dried beans, peanut butter, etc., one serving, plus at least 4 eggs per week.

6. Bread, flour, cereals--whole grain or enriched--a serving at each meal.

7. Butter and fortified margarine--2 to 3 level tablespoons.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 22, 1950

ips on Refinishing Furniture

URBANA--If refinishing furniture is on your "to-do" list his fall, here's a tip from Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture:

Study the basic structure and design of each piece of furniure before refinishing it. If the structure is good and the design its in with the other furniture, it's worth refinishing.

You may be able to improve the design of the furniture, Miss wig says. Bed headboards, for example, can be lowered, racks on washtands removed, and table and chair legs shortened. All necessary reairs should be made before the finish is applied.

Main steps in the refinishing process are (1) removal of the ld finish, (2) preparation of the surface for the new finish, and 3) application of the new finish.

A sanding machine, scraper, or solvent is used to remove old inishes. When a sanding machine is used, take care to prevent it rom cutting too deeply into the wood. A metal scraper, too, must be andled carefully so the wood surface will not be scratched.

Solvents to remove paint and varnish may be made at home or ought ready-mixed. But commercial removers are safer for both the perator and the furniture, and they may be bought from any reliable aint department.

For more information, write for the bulletin, "Refinishing urniture," home economics department, University of Illinois College f Agriculture, Urbana, Illinois.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 23, 1950

Hawaiian Style Pork--for Sunday Night Supper

URBANA--For Sunday night supper, serve pork Hawaiian style. It is a tasty and economical dish, because you can use a less expensive cut of pork--the shoulder.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, suggests the following recipe:

HAWAIIAN STYLE PORK
(4 servings)

1 lb. boneless lean pork, cut in 1-inch cubes
1 egg
2 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
3 tablespoons lard or drippings
3 green peppers
1/2 cup pineapple chunks
2 1/2 tablespoons cornstarch
2 1/2 tablespoons soy sauce
1/4 cup sugar
1/4 cup vinegar
1/2 cup pineapple juice
Chinese noodles or cooked rice

1. Beat together egg, flour, salt, and pepper. Thoroughly coat the cubes of pork with the egg-flour batter.
2. Brown on all sides in hot lard or drippings in frying pan. Cover and cook slowly for about 30 minutes.
3. Remove stems and seeds from green peppers. Cut into 1-inch squares Boil 10 minutes. Drain.
4. Add green peppers and pineapple to meat. Cover and simmer 10 minutes.
5. Stir and cook together cornstarch, soy sauce, sugar, vinegar and pineapple juice until clear--about 2 minutes. Pour over meat mixture and simmer 5 minutes.
6. Serve over Chinese noodles or cooked rice.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, SEPTEMBER 25, 1950

Check Rooms for Safety While Housecleaning

URBANA--Make a safety check of each room while you're housecleaning this fall. It may prevent accidents which will injure or disable members of your family. Thirty-one thousand persons were killed by accidents in American homes during 1949.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, suggests checking first for fall hazards. Falls took the greatest number of lives in home accidents during 1949--15,700 persons being killed.

Take a look at the stairways in your house. Check the handrails to make sure there are two secure rails, on both the inside and outside. If there are young children in the family, provide a gate at the top and bottom of the stairs.

Examine the structure and strength of the steps. Make sure they aren't cracked or worn thin in spots. Get them in good repair before an accident occurs.

Are the steps cluttered with items to take up or downstairs? If they are, add this slogan to your list: "Stairs were never meant to be shelves." Toys, newspapers, roller skates, fruit jars, or cleaning equipment make a serious hazard of otherwise safe steps.

Don't use makeshift stools or ladders--such as chairs, boxes, or small tables. Invest in a sturdy stepladder--it costs much less than a hospital bill.

Look for fall hazards in the bath or shower room. Make sure there is a secure grab-bar or slip-proof mat near the tub. A rigid soap container near the tub is another safety measure.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, SEPTEMBER 26, 1950

Tips on Care of Corduroy and Velveteen

URBANA--Last year's corduroys and velveteens are as good style this year as last, and they can look just as good as new--after a few tips on care are applied.

Miss Edna Gray, clothing specialist, University of Illinois College of Agriculture, says frequent care keeps those dresses, skirts, or jackets looking just as good as new.

Air the garments often. If there is a lot of dampness in the air, hang the garment out in your room. Take advantage of a steamy bathroom too. These are "extra-easy" ways to get rid of those wrinkles.

To take care of the especially wrinkled parts--elbows,etc.--steam the garment at home. If you have a velvet pressboard, the job is easy. But if not, here is a homemade method:

Block your hand iron upside down between two piles of bricks. Or you can use blocks that are not affected by the heat. They should be high enough to let the iron and cord clear the table or work surface.

Set the iron at medium heat--about the temperature for rayon--and cover it with a damp cloth. Material that will give plenty of steam--a terry washcloth, for example--is best choice.

Hold the material to be steamed--wrong side down--close to (but not touching) the steaming cloth. Keep it in this position until the steam comes through freely.

If the garment is unlined, it is possible to dry the back and raise the pile. To do this, remove the press cloth from the iron. Turn the material so that the wrong side is next to the iron. Draw it across the warm iron, raising the pile of the material. If the garment is lined, omit this procedure.

After steaming--with the iron or in the bathroom--be sure to hang the garment so that it won't touch anything else. And don't wear it until it is completely dry--usually the next day.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, SEPTEMBER 27, 1950

United Nations Flag-Making Campaign Under Way

URBANA--A United Nations flag for every community by United Nations Day, October 24, is the aim of the country-wide flag-making campaign.

This plan is sponsored by the National Citizens' Committee for United Nations Day, and it has been endorsed by farm organizations and by labor, retail, industrial, veteran, religious, educational, and other groups.

Spearheading the flag-making campaign are the extension service of the United States Department of Agriculture and the land-grant colleges.

Illinois county home advisers, representing the Department of Agriculture and the University of Illinois College of Agriculture, will make information and demonstrations available to anyone in the county who wants to join the campaign.

Modern-day Betsy Rosses--4-H girls, Rural Youthers, Girl Scouts, civic, church, rural and city women's clubs, and many others--are expected to make flags to present to city, county, or state officials or organizations.

These girls and women will understand that the job isn't just sewing a few stitches on a flag, even though the flags are needed. They will see this as an opportunity to learn more about the United Nations--its organization, its meaning, and its symbol of peace with freedom, the U.N. flag.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, SEPTEMBER 28, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--Check the supply and price of cauliflower at your market. It is a good time now to take advantage of the low prices and enjoy this vegetable which is often found in higher price brackets.

To get good quality, choose cauliflower that is firm with compact flower clusters. It should be white in color and have fresh, green outside leaves. Size is no indication of quality.

For canning, choose tomatoes that are firm and ripe, medium in size, and free from decay. It should be easy to find such tomatoes, because heavy supplies continue to come to wholesale markets in the Midwest.

Fish--Canadian yellow pike and sauger pike should be attractive buys this week. The Chicago wholesale fish market reports heavy shipments.

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FOR RELEASE THURSDAY, SEPTEMBER 28, 1950

/egetables--Where to Store During Winter

URBANA--You can store vegetables in several different places luring the winter. The place you choose depends on the type of vege-:able to be stored.

B. L. Weaver, assistant professor of vegetable crops, Uni-'ersity of Illinois College of Agriculture, says that the temperature, ıumidity, and air circulation needed for good storage may differ for ıach vegetable or class of vegetables.

Unheated basements are often ideal storage places for root :rops, potatoes, and leafy vegetables. These basements are usually lamp and cool. In very cold weather, however, some heat may be needed :o prevent the vegetables from freezing.

Storage in heated basements is practical, cheap, and con-'enient. It is usually satisfactory, too, if a cool, well-ventilated toreroom 6 by 6 feet or larger is partitioned off from a corner of he basement. You can regulate air circulation, temperature, and umidity by adjusting basement windows.

Root crops placed in boxes of moist sand or soil will keep or two or three months in a garage. Parsnips, salsify, or horserad-sh boxed in the same way can stay in the garage all winter.

An attic has a limited value for vegetable storage. Poor entilation and a wide variation in temperature are the limiting fac-ors. Only crops that are fairly clean, easy to handle, and not in-ured by high temperatures and dry air should be stored in the attic. opcorn, herbs, and dried seed can remain there indefinitely.

It is not advisable to store pumpkins or squash in the at-ic. They may be injured by chilling and severely damaged by freezing. f they are damaged, an undesirable odor and moisture--sufficient to tain plaster--may be present. One place to store them is on shelves n the furnace room.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, SEPTEMBER 29, 1950

Sweet Potatoes--Plentiful and Inexpensive Now

URBANA--If sweet potatoes are a family favorite, now is the time to serve them often. The largest crop in four years--almost 60 million bushels--is on the market.

Prices will be especially low until November. After that time a heat curing process to make the potatoes keep better will add to the cost.

One tasty dish is orange-cinnamon sweet potatoes. Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, suggests this recipe:

ORANGE-CINNAMON SWEET POTATOES

4 medium-sized sweet potatoes (cooked or canned)
Crushed cereal flakes
1/2 cup orange juice
1/2 cup brown sugar
2 tablespoons melted butter or margarine
2 teaspoons cinnamon

Cut sweet potatoes into slices about one-inch thick. Roll edges in crushed cereal flakes. Combine other ingredients. Press an indentation, or make a shallow well in potato slices. Spread sugar mixture on top of potato rounds. Arrange on broiler rack and place 3 inches from heat. Broil 10 to 15 minutes, or until a golden brown.

To complete the meal, serve a broiled ham slice and peach halves stuffed with cooked prunes and then broiled.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, SEPTEMBER 30, 1950

reen Tomatoes--Use Them in Last-of-the-Season Relish

URBANA--Why don't you gather the vegetables from your garden efore Jack Frost takes them?

Miss Grace Armstrong, foods and nutrition specialist, Uni-ersity of Illinois College of Agriculture, gives these directions for aking piccalilli, a spicy relish. It may be just what you need to se those last-of-the-season vegetables.

PICCALILLI
(about 3 pints)

4 cups chopped green tomatoes
2 medium-sized sweet red peppers, chopped
2 medium-sized green peppers, chopped
2 large mild onions, chopped
1 small head cabbage, chopped
1/2 cup salt
3 cups vinegar
1 pound (2 cups) brown sugar
1 teaspoon mustard, or
2 tablespoons mixed pickle spices

Cover the mixture of vegetables with the salt, and let tand overnight. In the morning, press the mixture in a clean white loth to remove all possible liquid. Add the sugar, vinegar and spices nd simmer until clear. Pack into clean, hot, sterile jars. being sure o fill the jars to the top. Then seal tightly.

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fomemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 2, 1950

emove and Replace Nonwashable Buttons Quickly--Here's How

URBANA--A University of Illinois clothing specialist today uggested one easy way to remove nonwashable buttons from a garment hich is to be washed. And they're easy to replace after washing oo.

Miss Fern Carl says you can save lots of time by sewing he buttons on a tape and inserting them through a second set of uttonholes on the left-hand lap of the garment.

To do this trick, first make the buttonholes as usual on he right-hand lap of the blouse or dress. Then make a second set of uttonholes on the left-hand lap. Be sure the buttonholes on one side oincide exactly with those on the other side.

Sew the buttons on a strip of cotton twill or linen tape r a strip of cloth cut on the straight of the grain. To use the loth, fold it lengthwise, turn in the raw edges, and stitch. Be sure o shrink the tape or cloth before you use it. Space the buttons the ame as the buttonholes on the garment.

Put the buttons in place through the buttonholes on the nder lap of the garment. Then fasten as usual. The buttons are asy-to-remove and quick-to-replace.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 3, 1950

Tint Buttons to Match Color of Blouse, Dress

URBANA--If you can't buy buttons to match the color of a blouse or dress, you can do a button-tinting job at home.

Tinted buttons are attractive on any light-colored garment--a cotton blouse, for example. They are especially nice for children's clothes such as light cottons.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says you can tint buttons in two different ways: You can use either a cool or a hot dye solution, depending on the type of button.

Here is how to tint buttons using the hot solution. Select white pearl buttons the size and shape you want for the garment. Choose real pearl buttons, because other types may melt in the hot solution.

Make a strong solution of dye by adding only a small amount of water to the dye powder. Boil the buttons in the dye until they have the amount of color you want. Ten or fifteen minutes may be necessary.

Choose white luster buttons for the cool dye solution method. Because this type of button absorbs color quickly, use a weak dye solution, advises Miss Carl. Place the buttons in the dye, let them remain only a few seconds (or until they are the desired color) and remove them. You can also dye white luster buttons for dark-colored blouses or dresses. Be sure to use the cool solution method.

When using either method, experiment with one button before plunging the entire supply into the solution.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 4, 1950

Tips on Safety for Children

URBANA--"Safety for children" is a slogan your family should follow every day in the year, and especially during the National Safety Congress Week, October 16-20.

Accidents are the greatest single menace to life in childhood and adolescence, according to the August Statistical Bulletin of the Metropolitan Life Insurance Company.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that parents should take time to prevent those accidents.

Be sure that every firearm in the house is empty and completely out of the reach of young children, Miss Ward cautions. Remember, too, that ammunition is dangerous, even without the gun. It should be locked up to keep it away from children.

Keep matches well out of the reach of small children. Use only safety matches in your house. Always keep the matches in non-inflammable containers.

Take extra care when using hot water. Never set a pail of hot water on the floor. If you're taking it to another room or building, don't set it down along the way. Serious scalds may result. It is the young children who pay the price of this careless habit.

Turn handles of all pots and pans away from the edges of stoves and tables. Dangling cords are dangerous too. Keep them out of your child's reach. Always disconnect cords after use.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 5, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies which are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--Add these vegetables to your week-end shopping list: cabbage, sweet potatoes, snapbeans, and locally grown onions. Reports from the Department of Agriculture indicate that they are best buys, Miss Cook says. The onions are especially good for adding flavor to budget dishes.

Fruits--It's apple time again in Illinois--time to make that favorite apple dessert, sauce or pie. Although the 1950 crop is below last year's, it still is 9 percent above the average U.S. harvest.

Cheese--Supplies of cheese are heavy throughout the nation. The 1950 U.S. output is estimated at 900 million pounds. Because cheese prices have been quite steady, it's a good time now to stock your pantry shelves and serve cheese frequently to your family.

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FOR RELEASE THURSDAY, OCTOBER 5, 1950

United Nations Flag--Fly It in Your Community

URBANA--Be sure the blue and white flag of the United Nations flies in your community during United Nations Week, October 16-24 You can make this flag by joining the nation-wide flag-making program.

No unusual sewing skills are required for making the United Nations flag. Ordinary sewing ability is all that is necessary. You can get information about the pattern and techniques from your county home adviser.

This flag-making campaign is headed by the National Citizens' Committee for U.N. Day (October 24). Cooperating with the committee are the extension services of the U.S. Department of Agriculture and the state land-grant colleges. Your county home adviser is the local representative of the department and the University of Illinois College of Agriculture.

The United Nations flag has a deep sky-blue background with the world design in white centered on it. A wreath of two olive branches in white is placed around the world symbol.

Materials to make the flag can usually be bought locally. No attempt is being made to control the shade of blue used for the background. The United Nations believe that it is more important to make the flags than it is to match the exact shade of blue. Dimensions of the finished flag are three by five feet.

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fomemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 6, 1950

lean Out Fire Hazards During Fire Prevention Week

URBANA--Fire prevention is a job which requires family co-operation. Although it is an every-week-of-the-year job, special emphasis is placed on it during Fire Prevention Week, October 8-14.

Take time during Fire Prevention Week to get rid of common ire hazards in and around your farm and home, says Miss Gladys Ward, ome management specialist, University of Illinois College of Agriculure. She suggests the following steps for your family to follow:

Mother, Dad and the older children can remove paper boxes, agazines or papers from the attic and basement of the house and from ther buildings. This job should be a regular part of the weekly leaning schedule

Mother can also check electrical appliances and cords: if hey need repairs, they should be sent to the repair shop immediately. hen she buys new equipment, she should look for the Underwriters' aboratories (UL) seal.

Dad can prevent field fires by cutting down dead vegetaion, raking leaves away from buildings and fences and cleaning up rash from the entire farm area.

A practice fire drill with members of the family is one way o prevent serious injury during a fire, Miss Ward says. What you do n the first five minutes of a fire determines whether or not the fire an be controlled.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 7, 1950

ast Your Vote for Rayon Standards Today

URBANA--You--and all other consumers--can work together to ake the job of buying rayon ready-to-wear, yard goods, or household oods easier than it is right now. But you must act quickly. Cast our vote today.

Rayon standards have been developed by the American Standrds Association under the sponsorship of the American Home Economics ssociation and more than 30 other producer, retailer and consumer roups.

Each of these groups has a vote on the adoption of these tandards. The final voting will be by the retailer group before the ast week in October. It's up to you as the consumer to use your influence with the retailer group.

Along with standards, on the labels used by cooperating anufacturers you will get such information as colorfastness, shrinkge and care.

Here is what you can do to influence the retailer vote:

. See your retailer (yard goods or department store manager). Tell im you want the rayon standards. Ask him to report to his associaion, which in turn will cast the final vote before the last week in ctober.

2. Or write directly to the chairman of the committee for he development of rayon standards: Mr. Jay D. Runkle, vice president nd general manager, Crowley, Milner, and Co., Detroit, Michigan. Tell im that you cast a "Yes" vote for the rayon standards.

If you want to know more about what rayon standards will do or you, write the University of Illinois College of Agriculture, Urana, for "Do You Want to Know What to Expect From Rayons?" But first ast that vote. Write your letter today.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 9, 1950

se Low Temperature for Rendering Fat

URBANA--Your home-rendered lard will be of better quality f you use a low temperature for rendering.

So says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture. A low temperature s needed to give the greatest yield of lard from the fat and to prevent scorching and sticking, which change the flavor

Render the lard as promptly as possible after the carcass has been thoroughly chilled--preferably within 24 hours. Be sure all he lean is trimmed off the fat. Then dice the fat, or if you wish ou can grind it for the rendering job.

For rendering, use a heavy iron kettle, free from rust. Add ust a small amount of fat to be rendered to the kettle. When it is elted, add the rest of the ground or diced fat.

Cook slowly until the fat begins to melt and can be stirred reely in the kettle. Slow cooking causes the water in the fat tisues to evaporate and thus helps to prevent water-souring during storge.

When the cracklings begin to sink to the bottom of the kettle, stir frequently to prevent scorching.

Let the fat cool and settle after it is completely rendered. our into 5- to 10-pound metal pails or cans, straining through two or hree layers of cheesecloth.

If possible, store the lard immediately at temperatures near r below freezing. Once it is solid, store in a cool, dry and dark lace.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 10, 1950

Newlyweds Urged to Keep Records, Plan Money Management

URBANA--Young married couples were urged today to keep records of their family spending and saving as a basis for short- and long-time financial planning.

Mrs. Ruth C. Freeman, family economist, University of Illinois College of Agriculture, believes that money management is more important today than ever before. Increased income taxes and higher consumer prices make it a "must" job, she says.

Newlyweds who are just beginning to keep records and make plans can benefit by using the past money management experiences of Illinois farm families as a key to their planning.

Records for 181 farm families during 1949, for example, show that food costs ranged from 21 percent on a $1300 net cash income to 5 percent on a $13,000 net cash income. Newlyweds can use these percentages in relation to their income level to estimate the amount they will spend for food. These percentages also vary with amount of home-grown food, family size and children's ages.

Especially helpful for those planning to keep records is a table in the "Farm Family Consumption Patterns" report which tells how young married couples (1-5 years) spent their 1949 net cash income. Plans can be made using these figures as a guide.

"Farm Family Consumption Patterns" to help with your money management plans is available on request. Write to the University of Illinois College of Agriculture, Urbana.

COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 11, 1950

Dry Milk--To Add Those Extra Nutrients

URBANA--When it's a problem to give the family all the milk they need, try using dry milk. You can add extra nutrients and your family won't even suspect what you've done.

According to Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, dry milk can be used to get extra milk in foods without adding extra liquid. When it is added to cooked cereals, sauces, casserole dishes and the like, those foods can be made twice as rich in milk nutrients as when fluid milk is used by itself. This means added calcium, vitamins and protein.

Dry milk products are available in two forms, nonfat dry milk and whole dry milk. These powdered milks are made from skim and whole milk, with only the water removed.

Whole dry milk is recommended by Miss Armstrong for use in the average household. This milk has retained the fat and the vitamin A value of the cream in whole milk.

Nonfat dry milk has all the food value of fresh skim milk and is beloved by calorie dodgers. They even use it to make a whipped topping for desserts. To make two cups of this topping, use half a cup each of water and nonfat milk powder plus one tablespoon of lemon juice, beat until stiff, then flavor with two tablespoons of sugar and 1/4 teaspoon vanilla. Chill, and use as you would whipped cream.

You can buy milk powders in handy one-pound packages that contain the equivalent of five quarts of liquid milk. You will save many an emergency trip to the store if you keep a package on hand. These powders will keep for several months at ordinary room temperatures. Just close the package tightly after using, since too long exposure to moist air makes the powder lumpy.

AJR:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 12, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies that are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Meat--Check prices of pork at your local market. Increased selling of hogs at midwest livestock markets means lower prices for consumers. Serve pork often while prices fit into your budget.

Cheese--Plentiful cheese can be served in a variety of ways for your fall meals. Prepare a cheese omelet by adding grated cheese to your favorite omelet mixture before cooking.

For scrambled eggs with cheese, add grated cheese just before the egg-and-milk mixture goes into the pan. Cook slowly so that the cheese melts as the eggs cook.

Fish--Yellow pike and sauger pike are attractively priced at the Chicago wholesale fish market this week. Heavy supplies of large-sized lake trout also mean good prices. These heavy supplies and low prices are a reversal of the normal situation at this time of year. If fish is a family favorite, now is the time to serve it often.

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FOR RELEASE THURSDAY, OCTOBER 12, 1950

Cauliflower and Cheese Give Tasty Vegetable Dish

URBANA--Combine two October plentifuls--cauliflower and cheese--to get a tasty, easy-to-make vegetable dish. Just sprinkle grated cheese over cooked cauliflower, or top it with a cheese sauce.

To make the cheese sauce, add one half to one cup of sliced or cubed processed cheese to a white sauce. The sauce is made with two tablespoons of fat, two tablespoons of flour, a cup of milk, and seasoning to taste. Be sure to melt the cheese slowly.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that cauliflower is also tasty when served raw. Use the raw flowerlets as a relish, in tossed salads, or as a garnish, she says.

For top quality cauliflower, choose a firm head that is white or creamy white in color. The flower clusters should be compact, and the outside leaves fresh-looking. Size is not necessarily an indication of quality.

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Fire Prevention Week, October 8-14 is the time to clear your house of papers, boxes or rubbish that may cause a fire. Enlist the help of all the family in your clean-up campaign.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 13, 1950

Lard--How to Lengthen Its Storage Life

URBANA--By adding hydrogenated vegetable shortening to lard after rendering, you can almost double the lard's storage life.

Two pounds of vegetable shortening should be used to 50 pounds of lard, according to research findings at a United States Department of Agriculture laboratory.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, says that the hydrogenated shortening is added to the total amount of lard before pouring it into smaller containers. Be sure to stir until the lard and hydrogenated shortening are completely blended.

For containers, use five- to 10-pounds tinned metal pails or cans in first-class condition. If you use a considerable amount of fat for cooking, pour the fat into the larger sized container.

Fill the cans or pails as nearly to the top as possible. Air and light may cause the lard to become rancid. Seal the cans or pails with a tight cover. Then store in a cool, dark place.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 14, 1950

Dislike Carrying Lunch Box?--Use Disposable Containers

URBANA--If your youngster balks at carrying his lunch box home in the evenings, try packing his lunch in disposable containers.

Small paper cartons with lids are inexpensive and ideal for carrying moist foods, says Miss Grace Armstrong, foods and nutrition specialist, Illinois College of Agriculture. They can be used for milk-rich custards and puddings, which are especially important if liquid milk is not carried or provided by the school lunch program. Cottage cheese is another milk product that is easy to send in paper cartons.

These cartons come in handy, too, for sending salads and cooked fruits to school. Be sure to include a heavy paper or wood spoon that can be thrown away. If you send two or more paper napkins, one can be spread on the desk as a place mat on which to set the food.

When the child is big enough to handle a can-opener, try sending tomato juice and the fruit sauces that come in small, baby-food-size cans.

A box or paper bag may be used for packing the lunch. Put heavy foods, cartons and cans on the bottom and the more easily crushed foods on top. Of course, it's a good idea to wrap each sandwich in wax paper. Carrots strips, turnip wedges and other raw vegetables are a welcome and important addition to a well-balanced lunch. They will stay crisp if they are wrapped separately.

A special corner for lunch supplies and wrapping materials lightens the task of preparing lunch. It is then easier to check for shortages before shopping. And the time used in the actual preparation can be minimized by having the needed materials in one spot.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 16, 1950

Tips on Vacuum Cleaner Care

URBANA--Keeping vacuum cleaner bags clean is a "must" if you want the cleaner to do an efficient job.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, suggested today that two bags be purchased for the vacuum cleaner. In that way one bag can be cleaned with the vacuum while the other is attached.

A bag must be clean so that there will be enough suction to pull the dirt out of the rug, upholstery, etc. Dust and dirt clog air spaces in the bag, prevent the flow of air through it, and therefore cut down the suction.

If your cleaner is a brush type here are some other ways to make sure it is doing a good job:

Keep all brushes free from hair and threads. An accumulation of threads or hair will prevent the brush from sweeping and picking up as it should.

Bristles on the brush that turns around inside the nozzle should be long enough to sweep the rug. The bristles will wear down in time, and then the brush will need to be lowered.

To lower the brush, adjust a pin, screw, or lever at each end of the brush roll according to manufacturer's directions. When the bristles wear short after the lowest adjustment, replace the brush.

No matter what type of vacuum cleaner you have, don't pick up pins, hairpins or bits of metal with it. Such items can cut the belt and nick or bend the fan.

COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 17, 1950

Repair Rugs and Carpets--Here's How

URBANA--Lengthen the lives of your rugs and carpets by adding new tape to frayed edges or worn hems.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, recommends twilled carpet binding about 1 1/4 inches wide for that repair job. The kind of twilled tape used for many sewing purposes is too light in weight. Linen carpet thread should also be used because it is extra-strong. Or you may substitute the heavy-type mercerized thread.

The first step in your binding job is to trim off the worn or frayed parts. Cut from the wrong side, following one of the cross-wise or lengthwise yarns or ridges. To prevent ravelling, handle the trimmed edge as little as possible. If you wish, you can overcast the edge before you sew on the binding.

Next, attach the binding to the edge of the rug. Lay the right sides of the binding and rug together so the edge of the binding is even with the trimmed edge of the carpet. Allow 1 1/2 inches of binding to turn around at each end. Stitch by hand.

Fold the extra length of binding to the wrong side. Sew the loose edge of binding to the carpet back, catching only a few yarns of the carpet and about one-eighth inch of the binding. Or you can use household cement to hold the tape to the back of the carpet. Only a narrow edge of binding will show on the right side; on the wrong side, there will be an inch or more to protect the edge of the carpet.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 18, 1950

Pork Liver--An Extra-Special Way to Fix It

URBANA--Pork liver for your meals means a goodly supply of iron at budget prices.

Prices of pork liver are about one-third or one-fourth of veal and beef liver prices. And the iron content in pork liver is higher than that in beef or veal liver.

An extra-special way to prepare pork liver is suggested by Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture.

"For a little different flavor, marinate the liver in French dressing for several hours or overnight before frying, she says. If the liver is marinated long enough, the dressing may tenderize it."

Just pour the French dressing over one side of the liver, turn it, and pour more dressing over the other side. Marinate for one, two, or three hours, or overnight, if you wish.

Remove the liver from the dressing and roll it in seasoned flour. Sauté in a small amount of fat or fry in deep fat. Cook slowly. Time--about five minutes for one-half-inch slices.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 19, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies that are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--Cabbage supplies are about 18 percent higher this year than last; prices are unusually low. Combine raw cabbage with other foods to make tasty salads.

Here are four different ways to use that cabbage in salads: (1) with sliced hard-boiled eggs and combination dressing, (2) with raw shredded carrots and mayonnaise, (3) with chopped peanuts and French dressing, and (4) with green peppers, nuts and cooked salad dressing.

When you shop for some plentiful Michigan celery, look for stalks that are firm and crisp. Thick, solid stalks of medium length are usually your best celery buy.

Cheese--Use some of that goodly supply of cheese to "dress up" those muffins or biscuits. Just add one-half cup grated cheese to the sifted dry ingredients in a family-sized muffin or biscuit recipe.

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FOR RELEASE THURSDAY, OCTOBER 19, 1950

More Careful Money Management Needed Today

URBANA--Increased income taxes and higher consumer prices make careful money management more necessary today than ever before.

So says Mrs. Ruth C. Freeman, family economist, University of Illinois College of Agriculture. She recommends that families make both short- and long-time money management plans based on family goals.

"Choosing those family goals is one of the most important keys in family financial planning," she says. "Family members should think through their goals together to decide what makes the most satisfactory living."

Whether it is a new house, more land or education that the family wants, the place in the marriage cycle (number of years married) affects the timing of those family goals. Number and ages of children also determine the needs and desires at different periods.

For example, a young married couple will want to start plans immediately for security. One of the first steps in achieving their goal is to take out a life insurance policy. Other goals, such as planning for children's education or building a new house, will require long-time planning and saving. However, such plans should be outlined and timed in relation to place in the marriage cycle.

In such long-time planning, you would first estimate the amount of money needed to obtain each specific goal. Then time your saving program in relation to the approximate number of years before each goal is to be reached.

If you need help with your financial planning, write for "Our Family's Money Management Plan," University of Illinois College of Agriculture, Urbana. It is based on a 7-year plan and gives steps and charts for financial planning. There is no charge for this publication.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 20, 1950

50th Anniversary--University of Illinois Home Economics

URBANA--Alumnae and former faculty members of the University of Illinois home economics department are invited to attend the 50th anniversary observance at Urbana during Homecoming week end--October 28-29.

A 50th Anniversary Coffee Hour and Open House is the extra-special event planned for Saturday morning from 9 to 11 o'clock at Bevier Hall. Classrooms and laboratories will be open for tours.

Although this year marks the 50th anniversary of continuous teaching in the Illinois department of home economics, the history of the department goes back more than 50 years.

The catalog of 1871-72 announces a School of Domestic Science and Art, and adds: "Instruction in this school will be begun with the next college year and will be developed as fast as practicable."

In 1874 Miss Lou C. Allen was appointed to act as dean of women and "open and direct the studies in the School of Domestic Economy." Courses in domestic science, covering four years, were given in the catalog of Industrial University of Illinois for 1875-76. Students were graduated with a degree of Bachelor of Science in the school of domestic science.

In 1880 Miss Allen and Dr. J. M. Gregory, regent of the University, were married, and Mrs. Gregory turned her attention to homemaking. The position was not filled until 1900, when Miss Isabel Bevier began as head of the department of home economics.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 21, 1950

For Sunday Dessert--An Apple and Plum Pie

URBANA--While apples are so plentiful at your local markets, use them frequently in your family meals. You can use apples for almost any part of the meal--in salad, dessert, main dish or breads.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, suggests a deep dish apple and plum pie for that special Sunday dessert. Here is her tested recipe:

DEEP DISH APPLE AND PLUM PIE
(Yield--6 servings)

Plain pastry, using 1 cup flour
5 tart apples, pared and sliced
3 cups stoned blue plums (fresh or canned)
3/4 cup sugar
1 tablespoon flour
1/2 teaspoon nutmeg
1 tablespoon butter

1. Place apples in buttered 10 x 6 inch shallow casserole.
2. Cover apples with plums.
3. Combine sugar, flour and nutmeg; sprinkle over the apples and plums. Dot with butter.
4. Wet rim of dish and lay unbaked pastry on top of fruit: trim edge, leaving one inch to fold back. Press with fork around rim.
5. With a sharp knife, cut 4 V-shaped gashes near center and fold points back.
6. Bake pie on bottom rack of hot oven (450° F.) for 30 or 40 minutes or until a golden brown color.

COC:lw
10-18-50

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, OCTOBER 23, 1950

How to Store Lard

URBANA--Keep your home-rendered lard fresh longer by storing it carefully.

Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture, recommends tinned metal containers in first-class condition--free from rust, clean, and dry--for storing lard.

Pails or cans are good because they can be covered tightly. Air and light cause lard to get rancid, reminds Miss Acker.

If not enough tins are available, you may use glass jars. Before pouring the lard into the jars, be sure to heat them in the oven until moderately hot. Otherwise the hot rendered lard may break the glass.

Do not use crockery or enamelware as lard-storage containers. Neither type can be sealed tightly, and therefore air and light are apt to cause rancidity.

Small containers--5 to 10 pounds--are recommended for storing lard, because only a small amount is exposed to air and light once the pail, can or jar has been opened.

Fill containers as full as possible to lessen the air space. Seal tightly and store in a cool, dry place. If glass jars are used, make sure it is a dark place too.

COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 24, 1950

October 24--Fifth Anniversary of United Nations

URBANA--Illinois Betsy Rosses have been extra-busy making United Nations flags. According to reports from 48 of the counties, 620 U.N. flags will be ready to fly on October 24, the fifth anniversary of the United Nations.

Illinois home advisers report that many community organizations have cooperated in the flag-making campaign. Some of these groups are the parent-teacher association, the League of Women Voters, women's clubs, 4-H clubs, Chamber of Commerce, Rural Youth, and many others.

The National Citizens' Committee for U.N. Day launched this flag-making program because most of the United Nations flags made by the chief flag-making concerns in the United States were being sent to Korea. United Nations asked the extension services of the United States Department of Agriculture and the state land-grant colleges to cooperate.

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Illinois Home Economics to Observe 50th Anniversary

URBANA--A 50th anniversary coffee hour and open house are planned by the University of Illinois home economics department for Saturday, October 28, at Urbana. Fifty years of continuous home economics teaching at the University of Illinois will be observed on that day.

Alumnae and former faculty members are invited to attend the special observances Saturday morning from 9 to 11 o'clock. The coffee hour will be held in the second floor cafeteria, Bevier Hall. Classrooms and laboratories will be open for tours.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, OCTOBER 25, 1950

Inexpensive Toys for Indoor Play

URBANA--A winter-day toy box, reserved for those long hours indoors, will be a help to mothers of preschoolers. Play materials collected or made at home are often appreciated more than expensive toys, says child development specialist Margueritte Briggs of the University of Illinois College of Agriculture.

Old curtains, hats and purses are ideal for the popular sport of "dressing up." The curtains can be kept clean by an occasional dunking with the family wash. Small spools--left plain, or dyed with vegetable coloring--can be strung to make a necklace. Larger spools make fine building blocks.

Tin cans present many possibilities for building and stacking. To prevent injury from cuts, be sure to use a can opener that rolls the top edges. The cans are especially attractive and useful if different kinds and sizes are painted with bright enamel.

Most children show a great interest in handling clay. The younger ones like to feel it, and later learn they can pound and mold it. Miss Briggs gives this recipe for making clay:

HOMEMADE CLAY

1 cup flour	Enough water to hold ingredients together
1/2 cup salt	Vegetable coloring
1 tablespoon powdered alum	

When the clay is not in use, keep it in good condition in a covered container. When the surface becomes dry, you can knead in a little more water.

If you want more suggestions for "Toys That Can Be Made at Home," write for Circular 546, University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, OCTOBER 26, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies that are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Vegetables--A large crop of onions of good size and quality is moving to market, according to reports from U. S. Department of Agriculture representatives in Michigan. Buy a goodly amount while prices are low. For top quality, choose onions that are clean, hard and well-shaped, with dry skins.

"Easy on the pocketbook"--that's what cabbage is this month. Serve it raw or cooked, plain or "dressed up," but serve it often. Raw cabbage provides a good amount of vitamin C.

Fish--Yellow perch and yellow pike supplies are plentiful this week, according to the Fish and Wildlife Service, U. S. Department of the Interior. Bluefin and herring also rate in the plentiful group. If these fish are family favorites, be sure to check at your local market.

Cheese--Cheese in storage reached a new high at the end of September. Total pounds in stock numbered 320 million--the highest since records were first kept. Buy a goodly supply for your pantry shelves.

COC:lw
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FOR RELEASE THURSDAY, OCTOBER 26, 1950

Apples--For That Halloween "Trick or Treat"

URBANA--Be sure to have a goodly supply of apples on hand 'round Halloween time. Apples are a good answer to that usual "trick or treat" on Halloween night.

Serve the apples "as is," or prepare caramel apples. Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, recommends this tested recipe from her files:

CARAMEL APPLES
(Yield - 6)

6 medium-sized apples	1 cup coffee cream
1 cup brown sugar	1/4 teaspoon salt
1 cup light corn sirup	1 tablespoon butter

1. Wash and dry apples; insert wooden skewer into stem end of each.

2. Combine remaining ingredients in saucepan and boil (with stirring) until mixture reaches 245° F. or forms a rather firm ball when a little is dropped into cold water.

3. Place over hot water. Dip apples into the mixture so as to thoroughly coat them. Arrange apples on a wire rack or waxed paper. If the sirup becomes too thick, add a little cream to get the right consistency.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, OCTOBER 27, 1950

Wool Jersey--Check Straight of Grain, Then Shrink

URBANA--To prevent wool jersey garments from shrinking when washed or dry cleaned, be sure to shrink the material at home before the pattern pieces are cut.

Miss Helen Zwolanek, clothing specialist, University of Illinois College of Agriculture, advises checking the straight of the grain (lengthwise and crosswise yarns on the square) before the material is dampened for shrinkage. Just run a long basting stitch down the length of the fabric along one of the courses or lines of stitches. Then fold the material on this row of stitching.

To shrink lay the folded wool jersey on a doubled sheet that has been dampened with clear water and thoroughly wrung out. Fold the end of the wet sheet over the end of the jersey about 12 inches. Roll or continue to fold the remaining sheet and jersey together. Wrap the roll in a wet towel and keep well dampened for 18 to 24 hours.

Remove the jersey from the wet sheet and lay it out on a perfectly flat surface. Spread over clean wrapping paper--on the floor, if necessary. Be sure the fabric is smooth and on the straight grain. Let it dry and then press with the grain.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, OCTOBER 28, 1950

Golden Anniversary for Home Economics at Illinois

URBANA--The University of Illinois department of home economics observed the 50th Anniversary of its founding at a special Coffee Hour and Open House at Urbana today (October 28). Alumnae and former faculty members attended the Golden Anniversary event held in Bevier Hall.

It was in September 1900 that a department of household science was established at Illinois. Miss Isabel Bevier was named professor of household science to head the new department. Twenty students enrolled in three courses. Miss Cornelia E. Simons was appointed to assist Miss Bevier with teaching.

According to Miss Bevier's memoirs, dated 1934, the "Household Science Department asks for a recognition of the home in the education of women, it being the one place to which the energies of most of them are directed."

The name of the department was changed to "Department of Home Economics" in the school year 1918-19.

Today the home economics department (first semester 1950-51) has 452 undergraduate majors registered toward a bachelor's degree in the Colleges of Agriculture, Education and Liberal Arts and Sciences. Through its non-major courses, the department serves about 200 students each semester.

Persons taught by the home economics extension program throughout the state number about 52,000 adults, 28,000 4-H Club girls and 10,000 Rural Youthers.

There are at present 93 home economics staff members, including part-time appointees, engaged in extension, research and resident teaching.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE ON RECEIPT

University and College Receive United Nations Flags

URBANA--The University of Illinois and the College of Agriculture received United Nations flags Tuesday, October 24, during presentation ceremonies on the campus at Urbana. The occasion was the fifth anniversary of the United Nations.

The Isabel Bevier Home Economics Club, on behalf of the home economics department, presented the flags to Provost Coleman R. Griffith for the University and Dean H. P. Rusk for the College of Agriculture. Miss Charlene Woodson, home economics senior and vice president of the club, presented the flags.

When Dean Rusk received the U. N. flag, he said, "I hope that on each anniversary of this occasion the flag will fly alongside our Stars and Stripes. I recognize that this flag can never take the place of the Stars and Stripes or even our state flag. It is, however, the symbol of civilization's major effort to secure united support from all nations for world peace and tolerable international relationships."

"I am proud of the contribution which our home economics extension service has made to a great educational program," Dean Rusk said. He stated that to date 56 counties have reported that 829 U.N. flags have been made He added that, undoubtedly, the number will be over a thousand when all counties report.

In conclusion, Dean Rusk congratulated Illinois women for their achievement in directing widespread attention to the United Nations.

HOC:lw
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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, OCTOBER 31, 1950

Cheese--Good Protein Buy Now

URBANA--Cheese supplies are running near record level this year. This top production means that cheese is one of the best protein buys at your local markets.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, recommends using cheese often in your meals. You can save on that food budget and, at the same time, provide your family with a goodly amount of protein, calcium and riboflavin, she says.

One easy-to-make cheese dish is chili cheese buns. Dried beef and chili sauce mixed together, then popped into the broiler, and finally topped with a slice of Cheddar cheese gives a tasty snack for supper or lunch.

To make the sauce for the buns, cut one-fourth pound dried beef into small pieces. Cover with one-half cup hot water, let stand for two minutes, and then drain well. Add six tablespoons chili sauce and mix. These amounts make enough sauce for six buns.

Spread the mixture on the bottom halves of split buns. Be sure that the edges of the bread are covered. Place on the broiler rack about three inches from the heat. Broil 5-6 minutes. Cover the toasted beef with a slice of Cheddar cheese. Broil one or two minutes longer, or until the cheese is melted. Top with other halves of bun, and serve piping hot.

COC:lw
10-27-50

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 1, 1950

How Does the Storage Space in Your House Rate?

URBANA--"Adequate and accessible"--those are two requirements for good storage. Space for storage should be adequate for family needs; items should be stored where first used and also easy to see, easy to reach, and easy to grasp.

So says Miss Helen E. McCullough, home economics research specialist, University of Illinois College of Agriculture, who has done considerable research on storage throughout the house.

Take a look at the storage space in your kitchen to see if it meets the requirements of good storage. Examine the mixing center, for example. Do you have stored there everything--utensils and ingredients--you need for mixing?

Are measuring cups and spoons easy to see, reach, and grasp? You may want to hang them on small nails or hooks. Are mixing bowls within easy reach, or are they stacked on a high shelf? To save time and energy, avoid placing bowls into each other. And store them on a shelf just above the mixing height.

Is the cupboard space adequate to store all necessary spices flours, seasonings, flavorings, etc., you need for mixing foods? One way to increase space may be to add a spice shelf (built at different heights) to the cabinets or racks to the door. Space for spices may be doubled or tripled.

Examine all the storage space in your house to see if it rates an "A" for adequacy and accessibility.

COC:lw
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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR IMMEDIATE RELEASE

Home Economics Alums--1903-50--Observe 50th Anniversary

URBANA--Alumnae and former faculty members the country over observed the golden anniversary of the University of Illinois home economics department on Saturday, October 28. About 200 of them attended the coffee hour and open house at Urbana, and about 50 sent greetings by letter or telegram from 12 different states.

Graduates from 1906 to 1950 representing eight states gathered in Bevier Hall to relive memories of their student days in home economics and to review the growth of the department during the past 50 years.

Word was received from a member of the first graduating class--Mrs. Cecil M. Jack, Decatur, Ill., class of 1903. Mrs. Jack was unable to attend, but sent this greeting: "I wish you a happy reunion and express my pride in what our school has grown to be."

Mrs. L. V. (Susan Barr) Walcott, Urbana, Ill., attended the half-century event as the only representative of the 1906 class--the third class to receive a degree in household science.

Mrs. Walter (Charlotte Nydegger) Jackson, Danville, Ill., a 1908 graduate, recalled as she toured the nutrition laboratory in Bevier Hall, that "in my time, we knew nothing of vitamins, but were just beginning to learn about calories." Her continued interest in home economics was evident as she said, "If there's such a thing as a short course or graduate study, I'd like to take it."

The publication "Home Economics at the University of Illinois," describing the department as it is today, was distributed at the 50th anniversary observance.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 2, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies that are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Meat--Pork, turkey and chicken supplies should be large enough to make it possible to lower family meat costs a little in November.

Pork appears on the U. S. Department of Agriculture's plentifuls for the first time since last June. Broiler and fryer production for the month is estimated to be 50 percent larger than it was a year ago. And marketings from a record crop of turkeys will be heavy with the approach of Thanksgiving.

Vegetables--The sweet potato crop this fall is the largest in several years. For good quality, choose clean sweet potatoes that are free from blemishes. Disregard color, but remember that thick and chunky sweets that taper toward the ends are preferable.

Fish--Shrimp prices at wholesale markets have gone down during the past week. The Fish and Wilflife Service, U. S. Department of the Interior, reports shrimp at about the lowest wholesale level since the days when the price was controlled. Take advantage of these lower prices if they are reflected at local markets.

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FOR RELEASE THURSDAY, NOVEMBER 2, 1950

Mark Straight of Grain on Wool Jersey

URBANA--Make a straight-of-grain marking on wool jersey before laying the pattern for cutting the garment.

This extra marking is necessary because wool jersey in tubular form has no selvage from which to check the straightness of grain. To insure a proper cut and a well-fitted garment, the lengthwise and crosswise threads must be on the square; this is, the grain must be straight.

Clothing specialist Helen Zwolanek, University of Illinois College of Agriculture, suggests this easy method for marking the straight of the grain:

Run a basting thread along one of the courses or lines of stitches lengthwise of the fabric. Fold the fabric on this thread.

Lay the pattern on the fabric, placing on the marked fold line the pieces that go on the fold. Other pattern pieces can be checked for straight of grain from this line.

Use a garment square or yard stick for measuring the straightness of the grain. When each end of the straight-grain marking measures the same distance from the fold line, the piece will be placed correctly. If after folding there are diagonal wrinkles in the jersey, it may have to be dampened (as for shrinkage) and pulled into shape.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 4, 1950

Dry Milk for Health and Economy

URBANA--Budget- and nutrition-wise homemakers are using dry milk products in their cooking.

The food value in a cup of this reconstituted milk is the same as in a cup of milk before the water is removed, says Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture. That is, a cupful of reconstituted milk made from nonfat milk powder equals about one cupful of skim milk.

The dry milk powders are economical too, usually costing from 40 to 50 cents for a pound package of the nonfat or skim milk powder. About five quarts of reconstituted liquid milk can be made from a pound of the powder.

Good in any recipe that calls for milk, the powder can be sifted with the dry ingredients and water used as part of the liquid. Or it can be used in its reconstituted form. The first method saves time!

Three tablespoons of the dry powder and one cup of water are used to make one cup of reconstituted milk. If you need the milk in liquid form, you can shake the water and powder together in a fruit jar, or else put the powder on top of the water in a bowl and beat or stir until smooth.

If you have prepared more dry milk than you will use right away, cover it and store in the refrigerator just as you would any other milk.

The dry powder will keep indefinitely on the pantry shelf if the package is closed tightly. Otherwise it has a tendency to absorb moisture and become lumpy.

AJR:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 6, 1950

Reupholstering Furniture--Good Winter Project

URBANA--If you have a family heirloom--a chair or love-seat--in the attic because it's unpresentable, why don't you do a reupholstering job and add it to your group of useful, attractive furniture?

Home furnishings specialist Dorothy Iwig, University of Illinois College of Agriculture, says that reupholstering is a good family project for fall and winter months.

According to a "Study of Reupholstering in 12 Illinois Counties" over a period of four recent years, many Illinois home-makers get a personal satisfaction from making seemingly worthless furniture usable. They also save money by doing the job at home--money that can be used for other furnishings. One woman said she had saved enough money to give her family a vacation trip.

At the same time the women learned some facts about furniture construction that will be useful in selecting new furniture.

You can get complete directions for reupholstering furniture from the University of Illinois College of Agriculture, Urbana. Ask for the bulletin "Reupholstering Furniture"; there is no charge for the publication.

COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 7, 1950

The Noonday Lunch--Its Amount and Quality

URBANA--Skimpy, inadequate school lunches could mar your child's future. A run-down physical condition that results in illness and consequent absence from school is often blamed on faulty diet.

Unless the noonday lunch provides one-third of your child's daily food needs, the chances are that he isn't getting enough to eat. The amount of food he needs each day will vary with his age and activities.

There are many children whose hunger is more than a healthy hunger. On the other hand, some children are so stuffed that they become groggy. Either condition leads to inattention and misbehavior which may be the cause of poor grades.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says that the kind of food a child eats is just as important as the amount. She offers the following general pattern for planning lunches for children to eat at home as well as take to school. A variety of everyday foods is all that's needed.

1. Two (or more) sandwiches
   One of meat, fish, cheese, egg or peanut butter
   One of vegetables, sandwich spread, dried fruit spread, or preserves
2. Raw vegetable or fruit
3. Beverage: Milk, tomato or fruit juice
4. Sweet: Cookie, gingerbread, cupcake, custard, pudding, etc.

The problem of planning an attractive and adequately packed unch is much easier if a supplementary food, such as milk, is proided at school.

JR:lw 11-3-50 -30-

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 8, 1950

Choice of Board Determines Ease of Ironing

URBANA--Your ironing job starts before you get the clothes out to iron. It starts when you buy the equipment as well as when you buy the clothes.

Miss Catherine M. Sullivan, home management specialist, University of Illinois College of Agriculture, said today that height, size and construction of the ironing board would either help to make ironing easier or add to fatigue.

Tests show that the regular-height ironing board--31 inches--is right for only 17 percent of the women. One way to tell whether the board is the correct height for you is to reach across to the back of the board. If you can touch the back without bending forward, the height is right.

Many stores now carry the adjustable-type board that can be changed to suit persons of different heights or lowered to permit sit-down ironing.

Width of the board helps to determine the number of motions and the time required for ironing. A wider board means fewer movements of the garment and less handling of the iron. So choose a wide board if you can get it.

The board should be heavy and rigid so that it won't move while you iron. Skid-proof legs will help to keep it steady. Using a wobbly board is likely to increase nervous tension because you must watch the board as well as the iron.

COC:lw
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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 9, 1950

The Homemaker's Market Basket

URBANA--Budget-minded homemakers keep their eyes on food supplies that are plentiful at local markets. Tips for bargain buys come from Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Fruit--Midwest apples are selling at low wholesale prices, according to market newsmen of the U. S. Department of Agriculture. When you include apples on your shopping list, make a note of how you plan to use them. Each variety is suitable for certain purposes.

Delicious apples are excellent for eating out of hand and for salads; Jonathans are extra-good for salads, pies, sauce and baking; McIntosh are especially good for general cooking.

Cranberries are rolling to market now in heavy quantity, and prices are quite low. Cranberries can be served in many ways--as an appetizer, a main-course dish or a dessert.

Mix cranberry juice with cider, gingerale or sweet pineapple juice for an appetizer. For an attractive meat garnish, stuff apples with cranberries, top with one or two tablespoons sugar, dot with half a teaspoon butter and bake in a moderate oven until tender.

Meat--Pork prices fell sharply at wholesale meat markets in Chicago and New York last week. Check prices at your local markets: if they also have declined, pork will be a thrifty meat buy this week.

COC:lw
11-6-50

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FOR RELEASE THURSDAY, NOVEMBER 9, 1950

Get Longer Life From Woolen Blankets--Here's How

URBANA--You can lengthen the life of your woolen blankets by protecting them from heavy soil. Clean and fluffy woolens are warm, but they lose their insulating quality when the nap becomes matted or badly soiled.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, today made the following suggestions for the care of woolen blankets:

As a protection from perspiration and body oils, turn the top sheet back over the blanket from nine to twelve inches. For extra protection, sew a strip of cotton cloth across the top of the blanket in addition to turning back the top sheet.

Sometimes a third sheet, or a wide strip of cotton material, is used over the entire top of the blanket. This catches any soil that may blow in during the night.

Throwing the covers back for an airing before the bed is made in the morning allows the stale odors to be carried away and gives the crushed blanket fibers a chance to spring back into shape.

When a blanket has become soiled, follow the manufacturer's directions for laundering and dry cleaning. These informative guides are prepared after careful laboratory tests. You may save yourself some grief by following them. The beauty and value of a blanket can never be restored once they are lost through improper laundering.

AJR:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 10, 1950

Dry Cleaning at Home--Risk to Garment and Your Safety

URBANA--A University of Illinois clothing specialist today warned homemakers against spotting or dry-cleaning garments at home.

Miss Edna Gray advises sending garments that require dry cleaning to a professional cleaner rather than doing the job at home. She says the risk to both the garment and yourself is great when a garment is spotted or cleaned at home.

New fibers and finishes make it more difficult to take spots out of present-day fabrics, she says. New fabrics are often made of several fibers that react differently to dry-cleaning solutions. And special finishes may be damaged when certain dry-cleaning solutions are used.

The risk to yourself is great because cleaning fluids that are likely to ignite easily may cause an explosion or fire. Results may be serious injury to yourself or other members of your family.

When a garment becomes spotted, take it to the dry cleaner as soon as possible, and tell him the cause of the stain. The professional dry cleaner has had practical knowledge and experience with different types of fabrics and cleaning solutions. Because he has, he's usually able to turn out a satisfactory result.

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FOR RELEASE FRIDAY, NOVEMBER 10, 1950

Family Housing Specialist to Speak at Chicago Meet

URBANA--Mrs. Florence Van Norden, family housing specialist, University of Illinois College of Agriculture, will speak at the Illinois Home Economics Association annual meeting in Chicago November 16-18.

Mrs. Van Norden will work Thursday as consultant with vocational home economics teachers in developing a curriculum for family housing in vocational home economics. Friday she will speak on "Stakes and Mistakes in Family Housing."

Home economists from the entire state will attend. The meeting will be held at the Congress hotel.

COC:lw -30-

Time to Buy Apples by the Bushel

URBANA--Buy apples by the bushel this week--either for home processing or to use fresh.

The U. S. Department of Agriculture reports that apples are pouring into midwestern fresh fruit and vegetable wholesale markets as harvest reaches a climax in the Midwest.

If you store those apples in a garage or shed, be sure to watch the thermometer closely. Apples that have been frozen are rarely worth eating. You can examine for freezing injury by checking a cross-section of the fruit. A brown discoloration in the center of the apple is evidence of freezing damage.

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11-6-50

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 11, 1950

Hunter as Well as Cook Determines Tastiness of Wild Fowl

URBANA--The hunting season is on! Sportsmen throughout Illinois will be bringing home wild ducks or geese to prepare for a special family treat.

Here's something your hunter needs to know before he goes out shooting! A tasty, good-to-eat wild duck or goose depends on the care he gives the game after killing as well as its preparation by the cook.

So says Miss Geraldine Acker, foods and nutrition specialist, University of Illinois College of Agriculture.

The hunter should bleed the bird and remove the entrails as soon as possible after killing it. He should also keep the bird cool until he gets home where he can finish cleaning and dressing it. After he does this, the bird must be refrigerated promptly; otherwise the carcass is apt to sour.

Before preparing the bird for cooking, examine it to determine the quality, that is, whether it is young, plump, and tender or old and tough. One way to judge quality is by the amount of connective tissue in the bird. Tender birds have a small amount of this tissue; older birds have a greater amount.

The quality of the bird determines the cooking method. Young, tender birds should be cooked by the dry heat methods--broiling, roasting or frying. Older birds require moist heat processes--braising, stewing or fricasseeing. For a juicy, tender bird, cook only to the medium-done stage; well-done birds tend to be tough and dry.

COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 13, 1950

Use Avocado for Extraspecial Thanksgiving Salad

URBANA--Avocado supplies have increased during the past few years, and now the avocado isn't so expensive that it can be served by only a few. Too, it mixes well with other fruits, and a little goes a long way.

Avocados in combination with fruits plentiful at this time of the year make a tasty and colorful salad, says Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture.

Bright red slices of crisp apples, peach sections and avocado slices placed alternately on a lettuce leaf make a salad that complements a fall meal in both color and flavor.

For an extraspecial Thanksgiving salad, team avocados with the plentiful cranberry. Just cut balls or cubes of cranberry sauce or jelly and place over slices of avocado and orange sections. Serve with French dressing.

Or you might cut the orange sections into halves, mix with cubes of cranberry sauce or jelly, and pile into avocado halves that have been sprinkled with salt and lemon juice to prevent darkening.

An avocado-pineapple salad is made simply by slicing the avocado into small pieces and mixing with cubed pineapple. French or mayonnaise dressing is good to serve with it.

COC:lw
11-8-50

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 14, 1950

Overpressing Harms Wool Fabrics--Substitute Regular Care

URBANA--Pressing your wool clothing after every wearing or two is neither necessary nor desirable, says clothing specialist Edna Gray, University of Illinois College of Agriculture.

Too much heat and steam from pressing will permanently mat wool fabrics. They will lose their fresh fluffiness and take on a hardened and shiny look.

Wool clothing tends to shed its own wrinkles if given a chance. Instead of pressing the life out of it, keep it neat and beautiful by proper hanging and care.

Adequate hangers add very little to the cost of a garment, and yet they contribute a great deal to its serviceability and good looks. Wood or plastic ones that have thickness will prevent the creases at the shoulders often caused by wire hangers. Wide-shouldered hangers which allow the garment to fall in natural folds are available for men's coats and jackets.

Be careful to set the shoulders of a garment on the hanger properly, and you will remove one of the chief causes of loss of shape. Before hanging the garment, empty the pockets to lessen unsightly pocket sag.

Hangers that let skirts or trousers hang flat, by the band or cuffs, eliminate wrinkling too. Suit hangers for men often have a bar large enough in diameter to avoid a horizontal crease across the trousers.

Given a chance to rest and "breathe," wool fabrics that are pulled out of shape tend to resume their normal condition. If possible alternate your suits instead of wearing the same one every day; they will then wear a lot longer.

AJR:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 15, 1950

Cleanliness--First Rule in Pressure Saucepan Care

URBANA--Take good care of your pressure saucepan if you want it to give good service for a long time.

Cleanliness is the first rule in the care of a pressure saucepan, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Each time the saucepan is washed, check to see that the vent tube in the cover is clean. This small tube leads to the controlling device; if it is clogged, the control does not operate and there is no way of knowing when there is pressure in the pan. Use a pipe cleaner to clean the vent tube.

Wipe the cover clean each time the saucepan is used. Do not put it into a dishpan of water. Bits of food or grease might go into the vent tube. Pressure weights and covers with pressure gages should never be immersed in water, warns Miss Cook.

Carefully wash the rubber gasket that fits between the cover and the pan each time you use the saucepan. It may be injured if grease accumulates on it. If the gasket is the removable type, take it off to give it a thorough cleaning each time the saucepan is washed.

Avoid damage to the rims of the saucepan and the lid. These are the sealing surfaces; a dent could cause a leak that would make it difficult or impossible to build up steam pressure.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 16, 1950

Moderate Oven Heat Gives Tasty, Juicy Holiday Bird

URBANA--Roast that young holiday bird--goose, duck, turkey or chicken--at moderate heat. Juicy, tender meat evenly done to the bone is the tasty result.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that a temperature from 250 to 350° F.--depending on the weight of the bird--saves both meat and fuel. The cooking time is longer, but there is more meat to serve and more flavor and juice are retained.

Time required for roasting depends on the weight of the bird and the temperature. In her "Timetable for Roasting Young Birds," Miss Cook recommends 2 1/2 to 3 hours for a 6-9 pound turkey at an oven temperature of 325° F. A 5-6 pound duck, roasted at the same temperature, takes 4 to 4 1/2 hours. Times and temperatures are also listed for chicken, capon, goose and guinea.

Roast the bird in a shallow uncovered pan without added water. A shallow pan allows heat to circulate around the bird, roasting it evenly. A rack raises the poultry off the bottom of the pan and keeps it from sticking; the rack also allows the heat to circulate under the bird.

You can get this "Timetable for Roasting Young Birds" from the University of Illinois College of Agriculture, Urbana. It is in handy card form and is free on request.

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$ BEST FOOD BUYS $

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For Week of Nov. 16

Weekly tips on plentiful
foods, with suggestions
for buying and using

Chicken is tops in the nation's plentifuls this week. About 50 percent more broilers are being marketed this year than last. Hens and fryers, too, are coming to market in full swing.

These heavy supplies mean it's time to serve chicken and dumplings or chicken broiled with your favorite sauce, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Check at your local market to learn whether the broiler-fryers are available. These young birds, weighing from 2 1/4 to 3 pounds--ready-to-cook weight--are good for roasting stuffed or for broiling or frying. Roasting time is short; about 1 1/2 to 2 hours is required at 350° F. These birds are ideal for small families, or several are good for a dinner for six or eight. More birds mean more drumsticks!

Bright red cranberries are rolling into markets in goodly supply--just in time for those holiday meals. You can use cranberries for more than sauce or jelly. Prepare cranberry muffins by slicing the berries and adding them to any muffin batter. Cranberry and apple or raisin pie is a surprise treat too.

Price predictions for oranges and grapefruit are lower the remainder of this year. For good quality, "weigh" them in your hand as you make your selection. If they're heavy for their size, they'll probably have plenty of juice.

COC:lw
11-13-50

Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 17, 1950

"Inside-Out" House Planning Recommended

URBANA--Families should key their house planning to their functional needs and activities--not to tradition and their "dream house."

So said Mrs. Florence Van Norden, family housing specialist, University of Illinois College of Agriculture, in her talk today to home economists attending the annual Illinois Home Economics Association meeting in Chicago.

The "inside-out" planning--arrangement of space to accommodate family activities--comes first, she said. Family activities can be separated by areas of occupation: work (kitchen and workroom), rest (bedrooms), and relaxation (living and dining rooms). The activities will determine the room sizes and relationships. These three areas can be assembled in a variety of patterns, such as the L, T, H, U, or rectangular.

Getting more living into a smaller area is the crucial problem, Mrs. Van Norden stated. Housing--the largest single investment most families make in their lifetime--must be designed to meet all the demands of family life, from the first to the 50th year of marriage.

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"Inside-out" planning gives the family an opportunity to plan for convenience, privacy and adequate storage. Making efficient use of every square inch of space is a challenge. Families need to explore the possibilities of enlarging space without increasing cost.

Installation of serviceable, quality equipment, rather than highly advertised social-prestige fixtures, is a practical means of reducing cost of construction. New combinations of space--living-dining room, bedroom-study, multi-use rooms--cut construction costs. Rooms can be made to appear larger by defining areas with furniture groupings and using low storage cabinets instead of ceiling-high walls and doors to separate activities.

Built-in facilities for more adequate storage reduce the amount of furniture needed, said Mrs. Van Norden. Furnishings for the small home are undergoing a change. Instead of the cumbersome dining room table, a drop-leaf style is more in keeping with the reduced floor space. Bulky, overstuffed davenports look out of scale with the dimensions of a small living room.

In conclusion, Mrs. Van Norden stated that it costs no more to build a well-planned house than it does to build a poorly planned one. She urged the home economists to familiarize families with functional planning of their houses.

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COC:lw
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FOR RELEASE FRIDAY, NOVEMBER 17, 1950

A Family Project--Make Christmas Toys

URBANA--Grade-school children can make toys for others and share in the joy of Christmas giving.

Both boys and girls enjoy making picture books for younger children. Sturdy pages for the books can be made from old window shades, stitched together and pasted with colorful pictures from old magazines. Mother might even help out by binding the pages with bias tape to make them thicker and easier to turn.

A University of Illinois College of Agriculture publication, "Toys That Can Be Made at Home," describes toys that older children or adults can make. The toys are made from materials that cost little or that you may already have on hand.

A tugboat described in the bulletin is made from pieces of ordinary lumber and three spools. Wood trains made without wheels are easy for the 2 1/2- to 3-year-old child to handle--use furniture glides on the boxes. A plywood horse's head mounted on a broomstick makes a handsome animal, or you can use a stuffed horse's head made from a cotton stocking.

Be especially careful that the gifts you make are safe ones. Paints containing lead are poisonous, so use a non-lead paint for all toys and equipment. A rag doll with embroidered eyes is much safer for small children than a doll with button eyes.

To order the bulletin, "Toys That Can Be Made at Home," write for Circular 546, University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 18, 1950

Make Inexpensive Thanksgiving Table Centerpiece--Here's How

URBANA--Use grasses, branches or milkweed pods from your yard or farm to form an attractive but inexpensive centerpiece for your Thanksgiving table.

Miss Joda McGaughey, home furnishings specialist, University of Illinois College of Agriculture, says other materials, such as hedge apples, butter print, sumac, lotus pods, and pine cones, can also be used for centerpiece arrangements. Choose them according to their line, shape and color.

Grasses have slender, dainty lines and sometimes attractive textures. The natural color of the grasses, branches or weeds can be combined effectively with fruits and vegetables or with ceramic or wood figures.

To arrange the ingredients for the centerpiece, follow the same principle as you do in flower arrangements: Create a center of interest in it.

Select a certain characteristic of one ingredient, such as line, shape or texture, to be dominant. Keep the heavy part of the centerpiece low; lighter items--slender grasses or branches--should reach out. A dainty texture (such as that of the small milkweed pod) does not go well with a coarse, heavy-looking material, such as sumac, for example.

Low bowls, trays, dishes or platters are good containers for such arrangements, as no water is needed. Oil clay or needle holders can be used to hold the weeds or branches in position.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 20, 1950

Use Cranberries for Dishes From Appetizer to Dessert

URBANA--Cranberry supplies this year top the recent 10-year average production by 226,000 barrels. That means plenty of inexpensive cranberry dishes for your everyday and holiday meals.

Miss Grace Armstrong, foods and nutrition specialist, University of Illinois College of Agriculture, says that cranberries are an extra-versatile fruit. They can be used for dishes from the beginning of the meal to the end--as an appetizer, a salad, a relish or a dessert.

A tangy, colorful appetizer is cranberry juice mixed with other juices--for example, pineapple or orange juice. Cubes or balls of cranberry jelly add color and flavor to a salad.

The jelly is easy to make. Just boil two cups of cranberries with one cup of water until the skins of the cranberries break. Then force them through a sieve. Bring the pulp almost to the boiling point. Add one cup sugar and stir until the sugar is dissolved. Boil three to five minutes. Pour into small mold or jelly glasses.

The jelly may be poured out in a thin layer in a large flat pan and then cut into shapes to suit the holiday--turkeys, stars or Christmas trees. Or you can make a colorful salad with lime gelatin and cranberry stars.

Cut the stars from a thin layer of jelly; a cookie cutter will do the trick. Arrange them in the bottom of a shallow pan. Mix the lime gelatin with hot water, and when cool but not firm pour over the stars in the pan. When firm, cut into squares so that the star is centered in each square of jelly. Serve in lettuce cups.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 21, 1950

Ways to Serve Left-Over Turkey

URBANA--A roast holiday turkey can be just the beginning of turkey treats at your house.

If generous slices are left after the big feast, they will be a hit if served either hot or cold. But it is with the not-so-generous pieces that Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, gives a hand.

The ever-popular turkey a la king made with chopped turkey and the left-over gravy or cream sauce can be served over crisp waffles, toast, hot biscuits or cooked rice. Don't forget that seasonings of chopped celery, onion, green pepper and mushrooms will lift this dish far above the commonplace among left-overs, says Mrs. Janssen.

If its a "time-freeing" casserole dish you want, why not make a turkey pie? The usual ingredients are chopped turkey, peas, cooked diced celery and carrots, with medium sauce or turkey gravy. Put this mixture into a casserole dish, crown with a ring of mashed potatoes and bake, or else top it with circles of baked pastry just before serving.

Turkey and noodle scallop is another version of the casserole dish. Mix cooked noodles with the diced turkey, gravy or white sauce, and seasonings; then sprinkle with grated cheese and bread crumbs. Bake slowly until heated through and browned on the top.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 22, 1950

Organize Kitchen to Save Time Preparing Holiday Fare

URBANA--Extra time spent in baking holiday fare in your kitchen can be reduced to a minimum if you will take time now to organize your ingredients and utensils.

Think carefully about where and how supplies are stored in your kitchen; then plan changes that would save your time and energy, says home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture.

Every ingredient or utensil in your kitchen should be stored where it is first used. The rolling pin belongs in the mixing center, not near the sink or stove. Trays should be stored where they will help you assemble all ingredients for your Christmas cookies, for example. And you may want to keep another tray at your serving center to save steps when setting the table.

Two sets of measuring spoons--one at your stove or sink and one at the mixing center--could save a goodly amount of time and steps. Two containers for the same ingredient would help too. For example, you may want some salt at both the stove and the mixing center.

Perhaps the handyman in your family can make some vertical dividers or step-up shelves as an advance Christmas gift. These small additions to your cabinet drawers and shelves will make spices and covers or trays easy to see and reach.

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Homemaking
Radio News

RSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 23, 1950

Tips on Buying a Lamp as a Christmas Gift

URBANA--If you're buying a lamp as a Christmas gift for your house, choose it only after it has been lighted.

Miss Dorothy Iwig, home furnishings specialist, University of Illinois College of Agriculture, says that when the lamp is lighted you can see whether it gives a diffused, flowing light or a spot of light. A good lamp will give a flowing light rather than a concentrated spot. You should not be able to see the tip of the bulb under the shade.

Examine the diameter of the shade to see that the light spreads. And the diameter should be in good proportion with the height.

If the lamp is to be used for close work or reading, make sure that the shade is a light color on the inside. Light-colored interiors reflect--not absorb--the light. Any color that harmonizes with room furnishings can be used.

Perhaps you may want to buy a lamp that is scientifically designed to give good lighting. Certified lamps are designed so that the height of the column or shaft is in good proportion to the diameter and depth of the shade. If the lamp is certified, it will have a label "CLM"--Certified Lamp Manufacturers' association.

If you intend to wash a fabric lamp shade, you need to examine its construction before you buy the lamp. Shades that are sewed--not glued together--are, in most cases, washable. Wires that form the shape of the shade should be painted if you intend to wash it. Unpainted wires may rust and stain the shade.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, NOVEMBER 24, 1950

Add Extra Fat to Wild Fowl During Roasting

URBANA--Wild pheasant, duck or goose needs extra additions of fat during roasting. Basting or placing a greased cloth over the bird during roasting will keep it moist.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says the roasting technique for wild fowl is the same as for domestic birds. But because wild fowl has less fat, generous additions of butter, bacon, salt pork drippings or other fats are necessary.

Fine muslin or cheesecloth may be used over the bird during roasting. Just dip the cloth in fat and place it over the fowl. Or you may baste the bird frequently.

Dressings especially suitable for wild duck or goose include fruit dressings and those well seasoned with herbs or onion. If your family doesn't like dressing, you can stuff the cavity with an onion and an apple or an onion and a carrot. The bird will be juicier if you fill the cavity with some food.

If desired, rub the bird on the outside with seasonings, such as garlic. Then coat it with fat. Stuff and truss as you would a domestic bird. Place on a rack in a shallow pan and roast at a moderate temperature.

Roast goose in a slow oven--300° to 325° F.--allowing 18 minutes per pound. For a medium-done duck, roast in a moderate oven 325° to 350° F. about 1 1/2-2 hours, or until tender.

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$ BEST FOOD BUYS $

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For Week of Nov. 27

Weekly tips on plentiful
foods, with suggestions
for buying and using

Fresh citrus fruits--oranges and grapefruit--take their place among the nation's plentiful and inexpensive foods this week.

Supplies of Valencia oranges from Texas, Florida and Arizona are 13 percent above last year's crop. Grapefruit production will be about 34 percent greater than last year.

For good-quality grapefruit, choose those that are well shaped, firm and springy to the touch, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. A thin skin also indicates good quality. Oranges should be firm and have no soft spots where spoilage may start.

"Weigh" both oranges and grapefruit in your hands when buying them. If they're heavy for their size, they'll probably have plenty of juice.

The largest honey crop in recent years has been harvested by beemen, according to the U. S. Department of Agriculture. Use honey on grapefruit for an extra-special holiday appetizer. Just "drizzle" honey over the half of a grapefruit and pop it under the broiler for a few minutes.

Here's a measuring trick: Measure honey in a greased cup or spoon. If you're making a cake or cookies, measure the fat first, and then use the same cup for honey.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, NOVEMBER 25, 1950

Order a Cookie Leaflet Today

URBANA--Prepare for those extra-busy Christmas shopping day by making refrigerator cookie dough and baking cookies "as needed."

A University of Illinois College of Agriculture leaflet, "Cookies for All Occasions," gives recipes and complete directions for four kinds of refrigerator or ice-box cookies. Also given in this eight-page leaflet are other cookie recipes--for drop, spread, rolled and press cookies, and cookies from other lands.

With the dough for refrigerator cookies on hand ready for slicing and baking, there may be fresh cookies in 10 minutes.

VANILLA NUT REFRIGERATOR COOKIES

3/4 cup butter or other shortening
1/2 cup brown sugar, firmly packed
2 cups granulated sugar
2 eggs, well beaten
1 teaspoon vanilla
1 cup nut meats, chopped
4 cups flour
4 teaspoons baking powder
1/4 teaspoon salt

Cream butter thoroughly. Add sugar gradually, and cream together until light and fluffy. Add eggs, nuts and vanilla. Sift flour once, measure, add baking powder and salt, sift again and add gradually, mixing well.

Shape into rolls 1 1/2 inches in diameter, and roll in waxed paper. Chill overnight or until firm enough to slice. Cut into 1/8-inch slices. Bake on ungreased baking sheet in hot oven (400° F.) for about 10 minutes.

A copy of the leaflet, "Cookies for All Occasions," is available from the University of Illinois College of Agriculture, Urbana. It is free on request.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, NOVEMBER 27, 1950

Wrist Pincushion--a Gift for Santa's Pack

URBANA--A wrist pincushion is a handy tool when you are sewing or mending--your pins are always where you need them. It will also be a welcome Christmas gift for the home sewer.

Clothing specialist Fern Carl, University of Illinois College of Agriculture, gives the following directions for making a square wool pincushion. (Wool cloth, such as flannel, tweed, jersey or felt, makes the best ones, she says.)

Stitch together two 2 1/2-inch squares of the fabric, leaving one side open for stuffing. If you are using felt, the stitching can be done on the right side.

Insert a piece of heavy leather that will protect the wrist from pin pricks. Leather from an old purse or an old shoe does nicely. Fill the cushion with wool or clippings of wool cloth or yarn. Wool is better than cotton for covering and filling because the pins penetrate more easily.

Sew up the fourth side of the cushion, and if you wish to decorate it, overcast the edges with yarn, or use a cross stitch or a blanket stitch.

Attach a narrow elastic band to the sides of the cushion. Make it just long enough to hold the pin cushion to your wrist comfortably.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, NOVEMBER 28, 1950

Use Honey to Make Holiday Fruit Candy

URBANA--Use plentiful honey to make a holiday sweet. A candy made from dried fruits and honey is one of the best "treats" that you can serve your family.

The honey supply is extra-good this year. Beemen harvested the largest honey crop in recent years, and storage stocks are also good.

Foods and nutrition specialist Geraldine Acker, University of Illinois College of Agriculture, says that most people eat too many rich foods during the holidays. To satisfy the sweet tooth, she suggests serving a natural form of sugar--a fruit and honey candy.

Fruit confection is an easy-to-make fruit candy. Just put through a food chopper one pound of dried figs and one-half pound each of dried prunes, dried peaches and raisins.

Add one cup of honey and one cup of chopped nuts to the ground dried fruits and mix thoroughly. Knead the mixture well; then mold it into a rectangle one half to three fourths inch thick. Cut into squares and roll each square in powdered sugar.

Honey can be used for many other holiday goodies too--cakes, cookies, beverages, breads and others. The University of Illinois circular, "How to Use Honey," contains a large number of tested recipies. A copy is available free on request. Write the University of Illinois College of Agriculture, Urbana, Ill.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, NOVEMBER 29, 1950

Sewing Tools--Useful, Inexpensive Christmas Gifts

URBANA--Sewing tools like needle threaders and measuring guides--tapes and gauges--make welcome toe-of-the-stocking gifts. They are not expensive, and their use will make home sewing and mending much easier.

Concerning needle threaders, Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, says that several types are available, so be sure to buy the kind you want. Some will thread hand needles only, but others can be used for sewing machine needles also.

A common type of threader is a diamond-shaped loop of very fine wire attached to an oval piece of metal. To thread a needle with it, push the point of the wire through the eye of the needle. You can do this by "feel" if unable to see the eye. Put the end of the thread through the loop, and when you pull the wire back, the needle is threaded.

Many women's measuring tapes need to be replaced, says Miss Carl. When tapes have lost their stiffening, they become stretched, give inaccurate measurements, and are hard to use. Select a new one that is made of stiff material and that has large clear markings. Be sure to get one with a number "one" at each end on opposite sides. A small metal end on the tape will prevent fraying and resulting poor measurements.

A four-inch metal measuring gauge is another treasure for the busy seamstress. You can buy one at a notions counter. It has clear numbers and lines and is really "tops" for measuring and marking hems, seams and pleats.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, NOVEMBER 30, 1950

National Food Outlook for 1951--Good

URBANA--The National Food Outlook for 1951 is that there will be enough food and greater amounts of certain nutrients during the year.

Calories equal to the average since 1941--3,300 calories per person daily--and increased amounts of vitamins A and C, calcium and protein will be available. This report was prepared by the Bureau of Human Nutrition and Home Economics, U. S. Department of Agriculture.

More vitamin C will be provided by a larger supply of citrus fruit--oranges and grapefruit--during 1951, says foods and nutrition specialist Grace Armstrong, University of Illinois College of Agriculture. A record use of frozen citrus juices will also increase vitamin C intake.

Especially important is the increased amount of calcium predicted during 1951, says Miss Armstrong. Since 1946 calcium intake has been declining; this decrease may become serious, since calcium is needed for several purposes, such as for building strong bones and teeth and for muscle contraction.

Use of more fluid milk during 1951 will give that greater amount of calcium predicted. The use of cheese--also a very good source of calcium--is expected to reach an all-time high.

More leafy, green and yellow vegetables during 1951 mean that more vitamin A will be available. Protein intake, too, is expected to increase slightly during 1951, indicating a greater consumption of meat, eggs and dairy products.

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$ BEST FOOD BUYS $

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For Week of Dec. 4

Weekly tips on plentiful
foods, with suggestions
for buying and using

Turkey supplies are good this week and will be throughout December. Serve turkey at your everyday meals as well as at holiday dinners. The record large crop this year means that turkey can help to meet the daily recommended intake of protein at economy prices.

A turkey leg--drumstick and thigh--may be a good choice for your family. A large leg gives about four to five good servings. Or you may want to serve cross-cut turkey steaks. These steaks are slices of the bird with the bone left in, and are usually about one-half inch thick. Braise the leg and the steaks until tender and golden brown.

Oyster supplies are tops at the Chicago wholesale fish market this week, and oyster stew is ideal for these crisp winter days.

Be sure to check cooking temperature and time carefully when preparing the stew. Cook the oysters at low temperature and only until the edges being to curl. A too-high temperature or too-long cooking time tends to make oysters tough and stringy.

Cranberries will continue plentiful during December. For good quality, choose berries that are firm, plump and fresh-looking, with a high luster. Size makes little difference in quality. Store the cranberries in a dry place with a uniform temperature. Excess heat is not conducive to good keeping.

COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 1, 1950

Hot Spiced Cider--A Party Favorite

URBANA--When spiced cider begins steaming at the campfire, the most ardent skaters will forsake their sport and gather 'round. Full of zip and flavor, this drink is high on the list for ease of preparation too.

Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture, gives this recipe for hot spiced cider:

HOT SPICED CIDER
(Serves 12)

1 1/2 teaspoon allspice	3 quarts cider
3-inch stick of cinnamon	1/2 to 3/4 cup brown sugar
9 whole cloves	Nutmeg

Tie the allspice, cinnamon and cloves in a cheesecloth bag. Drop bag into kettle of hot cider with sugar added, and let it simmer about fifteen minutes. Remove the spices and allow to stand overnight to set the flavor. Heat again before serving.

Hostesses for home and school parties win praises by serving, with hot spiced cider, simple-to-serve accompaniments like frosted doughnuts or gingerbread topped with whipped cream.

If the crowd's a small one, a more substantial menu can be prepared by the guests themselves. Toasted cheese sandwiches with slices of dill pickle are always good, or wieners on buns, with plenty of mustard and catsup.

Some "nibblers" that go well with hand-out parties are potato chips, salted peanuts, celery or carrot sticks and dried fruits. It's important that whatever food is selected be easy to serve, easy to eat and the kind that doesn't need to be served immediately.

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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 2, 1950

Make Christmas Gifts From Leather, Fur, Felt

URBANA--Gifts for Christmas giving can be made from the good parts of old leather jackets, felt hats or fur pieces, and no one will dream they are made from material "with a history."

A pamphlet, "Make-Overs From Leather, Fur, and Felt," gives directions for making such welcome Christmas gifts as scuffs, belts, mittens, weskits and many others.

You might get leather material for the make-overs from handbags with broken catches or worn corners, or old leather chair coverings. Old felt hats--both men's and women's--may give enough material for scuffs or mittens. Sections of fur pieces or collars may be used to trim the scuffs or line mittens.

If no old fur or felt is available, you could use new felt or the fake fur that is so popular this season.

University of Illinois clothing specialists recommend using the pamphlet, "Make-Overs From Leather, Fur, and Felt," as an inexpensive way to Christmas shop with your sewing machine.

Directions for cleaning, cutting and sewing felt, fur and leather are included. There are also pictures of many accessories that will make useful gifts for Santa's pack.

To cut the more complicated articles, the pictures can be matched to commercial patterns that can be used with minor changes. The simple, easy-to-make articles can be made from diagrams included in the leaflet.

A copy of "Make-Overs From Leather, Fur, and Felt" is available free on request. Write the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 4, 1950

Freeze Chicken a la King Now for Holiday Meals

URBANA--Tuck some chicken a la king into your freezer today so that it will be ready for a meal during the Christmas shopping rush. It also will make an excellent emergency meal when you have unexpected guests or when the man of the house prepares dinner.

You can heat a frozen block of chicken a la king without waiting for it to thaw. After a pint-sized block is removed from the package, it takes about 45 minutes to heat it in the top of a double boiler.

Dr. Frances Van Duyne, foods and nutrition research specialist, University of Illinois College of Agriculture, says, "A fairly rich recipe--using coffee cream or evaporated milk--was used in tests made at our laboratory, and the resulting frozen products were highly acceptable."

Freezing this dish now while chicken supplies are good and prices reasonable will save money as well as time. You can get about three pints of meat from six hens weighing 5 to 7 pounds (picked, but not drawn) if you use just the bony pieces--the wings, backs and necks. Adding the meat from the legs will almost double this amount.

After the chicken a la king is prepared, cool it quickly to room temperature before packaging. This may be done by placing the cooking pan in a larger pan of ice water or cold running water, and stirring occasionally. Since this food will be packed solidly, leave about one-half inch at the top of a pint container to allow for expansion during freezing. Be sure to freeze immediately.

Bulletin Number 618, "Freezing Cooked and Prepared Foods," is available from the University of Illinois College of Agriculture, Urbana.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 5, 1950

Careful Christmas Buying--a "Must" This Year

URBANA--Plan your Christmas buying carefully, so you buy gifts that will be useful and enjoyable.

That's the suggestion from Mrs. Ruth Freeman, home accounts specialist, University of Illinois College of Agriculture. She says that this year, more than ever before, consumer buying should be planned carefully according to real needs.

The mobilization program is going to affect the purchasing power of the dollar through higher prices for consumer goods. Even in gift-buying, you need to make sure that you get your money's worth.

For Christmas shopping, be sure to analyze the receiver's needs. If you shop from an itemized list of gifts for each person, it will be easy to buy wisely. Using a list, you're apt to buy a gift that is appropriate for each individual. Especially good for Christmas gifts this year are clothing, home furnishings, and home equipment items.

Think carefully before you buy a gadget that won't be worth the money spent. You want the receiver to get the most use and value from each gift.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 6, 1950

Choose Stockings According to Wearer's Activity

URBANA--Buying hose for Christmas gifts? To select stockings that will look well and wear a long time, choose denier and gauge according to the activity of the person who will wear them.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, today reviewed denier and gauge facts especially for the Christmas shopper.

Denier numbers refer to the thickness and weight of the threads of yarn used in making hosiery. There are half a dozen deniers, beginning with the ultra-sheer at 15 denier and going to 70 denier, which is quite heavy and strong. The "in-between" deniers are 20, 30, 40, and 50.

Gauge refers to the closeness of the stitches. Gauge numbers range from 39 to 66 in full-fashioned stockings, the high gauge being a more closely knitted, sheerer fabric because of the many tiny stitches.

An especially sheer hose would be one of 15 denier and 66 gauge. A commonly worn hose is 30-45, or 30 denier and 45 gauge.

In seamless stockings, the closeness of stitches, instead of being expressed in terms of gauge, is described by the number of needles on the stocking knitting machine; for example, 400-needle stockings. Machines to produce seamless stockings have a variety of needle counts from 260 to 432. The higher the number of needles, the more closely knitted the stocking.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 7, 1950

How to Make Short-Cut Fruit Cake

URBANA--A fruit cake that may be served right after baking or aged for several weeks is the answer to "last-minute" holiday baking.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, suggests this recipe for a three-pound cake:

SHORT-CUT FRUIT CAKE

2/3 cup fat
1 teaspoon vanilla
1 cup sugar
1/3 cup marmalade or jelly
3 eggs
2 1/2 cups sifted all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1 cup whole raisins
1 cup chopped nuts
1 pound green tomato or other mincemeat

Blend together fat and vanilla. Gradually add sugar and marmalade or jelly, creaming thoroughly after each addition. Add eggs one at a time, beating well after each.

Sift together flour, baking powder, soda and salt. Combine one-half cup of the dry ingredients with raisins and nuts. Add remaining dry ingredients alternately with mincemeat to the creamed mixture, beginning and ending with dry ingredients. Add raisin and nut mixture. Pour into a greased 7 1/2-inch tube pan or loaf pans. Bake in a slow oven 325° F. for 1 1/2 hours. Cool one-half hour before removing from pan.

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$ BEST FOOD BUYS $

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For Week of Dec. 11

Weekly tips on plentiful
foods, with suggestions
for buying and using.

Pork and lard supplies are "tops" during December. Because of peak supplies of hogs being marketed, prices are about the lowest of any time during the year.

Remember to cook fresh pork until it is thoroughly done, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. The cooked lean of fresh pork should be grayish white without even a tinge of pink.

If midwest-grown vegetables are available at your local markets, choose them rather than those shipped in from winter produce areas.

Carrots, onions, squash, cabbage and parsnips--some of the vegetables that have been stored commercially for winter use--are economy buys now. For good quality, choose carrots that are bright-colored, firm and well shaped.

Onions should be well shaped and dry enough to crackle. Good-quality winter squash has a hard, tough rind. Well-trimmed reasonably solid heads of cabbage are a good buy. Parsnips should also be firm and well shaped.

Check the supply and price of mushrooms at your local markets. Michigan and Illinois mushrooms are selling at moderate levels at the wholesale markets. Choose mushrooms that are firm and free from bruises or decay.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 8, 1950

Correct Temperature, Cooling Necessary in Fondant-Making

URBANA--Minted pecans, fruit rolls and mints are three tasty Christmas candies you can make from a basic recipe for fondant.

Just prepare a batch of fondant, let it "ripen" for 24 hours, melt it and then add fruits or nuts, flavoring and coloring if desired.

Good fondant is easy to make if you cook it to the correct temperature and cool it undisturbed before beating, says Mrs. Pearl Janssen, foods specialist, University of Illinois College of Agriculture.

To make fondant, mix two cups sugar, one cup water, and three tablespoons corn sirup or one-fourth teaspoon cream of tartar. Cook with stirring until sugar is dissolved. Boil briskly to 239° F. or the soft ball stage.

Remove the candy from the heat and pour quickly (while still bubbling) into a large platter for cooling. Do not scrape the pan. Cool undisturbed until it is lukewarm or 104° F. Beat until it becomes white and solid enough to handle; then pick it up and work it with your hands until all lumps have disappeared. Wrap well and store in a covered container for 24 hours before using.

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FOR RELEASE FRIDAY, DECEMBER 8, 1950

Fondant-Making - 2

To make minted pecans, first melt the fondant by placing one cup fondant in a bowl over a pan of boiling water. Add a few drops of water and stir occasionally. Heat until it is hot and about the consistency of corn sirup. Remove from the heat.

Add two to three drops of oil of peppermint to the hot melted fondant. Beat in a bowl with a spoon until it starts to thicken. Add enough pecans to coat with fondant. Continue beating until the fondant begins to lose its shine. Turn out on wax paper and separate the nuts with your fingers.

Directions for other variations are available from the University of Illinois College of Agriculture, Urbana. Ask for "Candy Recipes" by Mrs. Pearl Janssen.

COC:lw
12-4-50

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Simplify Your Poultry Roasting Problems

URBANA--Having poultry for Christmas dinner? A time and temperature guide for roasting young birds has been prepared by Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture.

Also included are instructions for using a meat thermometer, plus approximate amounts of dressing needed. File-card size, the table will be a handy reference throughout the year. Write the College of Agriculture, Urbana, for your copy.

AJR:lw
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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 9, 1950

Christmas Safety Is Easy--Plan for It Now

URBANA--Plan now for Christmas-time safety, says home management specialist Gladys Ward, University of Illinois College of Agriculture.

Think of safety when you're buying tree ornaments and decorations, buying tree lights and checking them for repair, and disposing of gift wrappings.

When you buy Christmas tree ornaments and decorations, ask for non-inflammable ones. If you want a snow effect on or under the tree, choose flameproof metal tinsel, flake asbestos, and powdered mica--not paper and cotton.

Check the tree lights to see that they are in safe condition for use this year. Frayed strings of lights and worn wiring are dangerous. Take them to your trained electrician for repair.

Or buy new lights. But before buying, check to see that each string of lights has an Underwriters' Laboratories label (UL) on it. A small amount of money spent for new lights may save expense or injuries resulting from a fire.

Never use wax candles on the Christmas tree or in window decorations. If you use candles on a table, be sure to set the candle on a plate or tray so that the drippings won't fall on something that will burn.

Keep a large empty box handy when gifts are being unwrapped. Stuff all wrapping and packing paper into the box--away from the tree or fireplace. Burn the paper gradually in the furnace or stove.

COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 11, 1950

Toys Should Have Lasting Values

URBANA--Toys that can be used in many different ways give a child the most pleasure and profit. Examples of such toys were given today by Dr. Nellie L. Perkins, child development and parent education specialist, University of Illinois College of Agriculture.

Large building blocks and planks will be as popular with a child next summer as during Christmas week, says Dr. Perkins. First he will learn how to handle the big objects--to lift, carry, push and balance them. Then he will climb and learn to balance himself on top of them.

Later the child experiences the thrill of using the blocks to build bridges, houses and furniture. He learns the fun that comes through cooperating with other children on a building project.

Modeling clay also has many uses. The two- and three-year-old will handle the clay by feeling, pounding, punching and patting it; while the older child will shape it into forms like dishes and animals.

Children from about two to eight years of age are interested in toys that let them pretend they are growing up and able to do the things they see their father and mother do. Typical toys that stimulate this kind of play are cooking and housekeeping equipment, dolls with removable clothing, miniature farm machinery, and equipment for store play, like a cash register and telephone.

AJR:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 12, 1950

Having Gift Problems?--Give a Lap Board or a Cutting Board

URBANA--Whether you buy it or make it, a lap board is an inexpensive gift that'll double for many uses. Made of wood, plywood or heavy cardboard, it rests across the arms of a chair and supplies a firm surface for activities like reading, writing and hand sewing.

Miss Fern Carl, clothing specialist, University of Illinois College of Agriculture, tells about the lap board she uses for many sewing operations. It measures about 20 by 36 inches. A semicircular section about 13" long and 5" deep is cut from one side. This cut-out portion allows the board to fit closely to the user's body.

Make the lap board any size you wish, but make it big enough to reach across the arms of the chairs with which it will be used. Make a pattern first, of heavy wrapping paper. Try several sizes until you find the one that is just right for you.

If you use plywood for making the board, you can smooth and round the edges with sandpaper. Or else finish the edges with a narrow molding, plastic binding or some other finish. The plywood for making a lap board will cost between one and two dollars.

Another aid to the home sewer is a cutting board on which to spread her fabrics for cutting. These boards measure about 40 by 70 inches when opened and are especially handy when there is no table big enough for spreading out the material.

Lines and other markings on the board make it easier to keep the material and pattern straight and accurate. Pins can be stuck into the board to hold the cloth in place.

Cutting boards fold like a screen, so are easy to handle and need very little space for storage. You can buy one at a store that sells sewing supplies.

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 13, 1950

Make Christmas Decorations at Home

URBANA--Inexpensive and attractive Christmas decorations for the table or mantel can be made from ornaments, evergreens, colored paper or other materials you already have at home.

Miss Joda McGaughey, home furnishings specialist, University of Illinois College of Agriculture, says that making Christmas decorations at home saves money and also gives you a chance to use your originality. Here are some ideas you might use:

A miniature Christmas tree can be made by placing different-sized tree balls on a tinker-toy stick or wire that has a base to hold it up. Slip the holders over the stick or wire, starting with large balls at the bottom, and work up gradually to small balls. A star of colored paper or aluminum foil can be used on the tip of the "tree."

If you have some extra wire screening around the house, you might cut it to shape a Christmas tree or bell. The tree could be cone-shaped or flat. Choose a bright background color for a flat tree. Trim with tiny colored balls or foil and paper angels. Make designs in the foil by turning it over on a blotter, and use a pencil or orange stick for the indentations.

You can give branches or greens a sparkling, frosted look by spraying them with water-base white paint and then dipping them into "glitter" powder--artificial snow. These decorations are especially good on a dark tablecloth, mantel or table.

You might display your Christmas cards by taping or pinning them on a wide green or red ribbon and hanging it on a soft construction board over the mantel. Folding screens also offer an unusual show-place for Christmas cards.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 14, 1950

Christmas Preparations--a Family Affair

URBANA--Ask your children to help with some of those Christmas preparations, such as trimming the tree, wrapping gifts or baking Christmas cookies.

Families will enjoy the holidays much more if they work together in preparing for them, says Mrs. Ida B. Johnson, child development specialist, University of Illinois College of Agriculture.

Children three to four years old or older can help to decorate the Christmas tree. It's true that the tree won't be so artistic, but the family will enjoy it as "their" tree because they put it up together. Give the children unbreakable ornaments made from plastic, paper or metallic foil to hang on the lower branches.

While mother is baking Christmas goodies in the kitchen, daughter or son can help by cutting cookies or arranging them in the baking pan, readying cake pans for batter or doing other little jobs. Or daughter can mix up a small portion of the batter in her own cake bowl.

Wrapping the family Christmas gifts can also be a family affair. Let the child help to wrap Daddy's present by putting the stickers on it. Or the child can choose wrapping paper for a particular gift. Older children may want to wrap gifts without any help.

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$ BEST FOOD BUYS $

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For Week of Dec. 18

Weekly tips on plentiful
foods, with suggestions
for buying and using.

URBANA--Lower pork prices are expected to continue through the middle of December, because marketing of the spring pig crop will reach a peak at that time.

Plan to serve pork often in your December meals. It will be a good buy to help hold meat expenses down. If deep-fat-fried dishes are family favorites, write those into your menu too.

Peanut butter supplies are also good this month. Use peanut butter for more than just an after-school snack for the children. You can use it to supplement the protein in meals, says Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture. Cookies, pudding, muffins and bread made with peanut butter are tasty as well as nutritious.

Carrots minus their green tops are a better buy than those boasting their tops, because they come from storage in the Midwest. Others are shipped in from production areas and therefore cost more.

If you've stocked up on some of that plentiful honey, be sure to store it correctly. Keep it in a tightly covered container in a dry room at about 70° F. Honey should not be stored in the refrigerator, because the cool temperature may cause it to crystallize.

COC:lw
12-11-50

Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 15, 1950

Add Salt to Fat Before Popping Corn

URBANA--Make popcorn the tasty and easy way by adding the salt to the fat in the popper or skillet before popping.

B. L. Weaver, vegetable crops research specialist, University of Illinois College of Agriculture, says that this method distributes the salt and fat evenly.

You can use vegetable fat or oil, lard or even bacon or poultry fat (if you like the flavor) for popping the corn. Butter or oleomargarine is not used for popping because it tends to stick and brown. It is usually melted and added after popping.

One recipe Weaver recommends is for "Eat-More-Corn"--a caramel corn. To make it, add three tablespoons lard, one-half teaspoon vanilla, and one-half teaspoon salt to a six-quart popper.

Heat the mixture until the lard is hot. Add one-half cup of popcorn and then one-half cup of granulated sugar. The amount of caramelization is controlled by the time allowed between the addition of corn and sugar. About one-half minute gives slight caramelization. Lengthen the time as you prefer. Be sure to stir continually during popping. This recipe makes about three quarts of caramel corn.

You can shape caramel corn into balls. Do it immediately after the corn is out of the popper. Shape with your hands. If you wish, you can add chopped peanuts, walnuts, pecans or black walnuts to the popcorn before shaping.

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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 16, 1950

Tips on Buying Christmas Tree Lights

URBANA--Buying lights for the Christmas tree this year?

Frank Andrew, agricultural engineer, University of Illinois College of Agriculture, has the following suggestions for buyers of Christmas tree lights:

Choose lights that are wired in parallel; that is, if one bulb of the set burns out, the others will stay lighted. Be sure, too, that the bulbs screw far enough into the sockets that tinsel won't contact the metal part of the socket.

If possible, buy lights that have a fiber washer between the bulb and the socket. The bulb presses this washer against the socket to keep out tinsel and other material that might conduct electricity.

COC:lw -30-

Keep Your Christmas Safe--When the family opens gifts, provide a box or metal waste basket for wrappings and string. Keep the container away from the Christmas tree, fireplace and candles. Dispose of the wrappings by burning a few at a time in the furnace or stove.

COC:lw -30-
12-13-50

FOR RELEASE SATURDAY, DECEMBER 16, 1950

Fruit Cake--How to Decorate and Cut

URBANA--Decorate your fruit cake so that it will be the center of attention on your festive holiday table.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, says "To prepare the cake for decoration, you should first brush it with warm light corn syrup and let it stand about 20 or 30 minutes."

Decorate the cake with blanched almonds, glazed red cherries, citron leaves or angelica. The decoration should be suitable to the shape of the cake. For example, a wreath-type decoration would be good on a round cake. A tree decoration would look good on a square cake.

Pour a little warm syrup over the cake after it is decorated. Let it stand for several hours or until the glaze is set.

If you store the cake after it is decorated, be sure the cover does not touch the fruits and other trimmings.

An extremely sharp knife or one with a fine notched edge is necessary to do a good job of cutting the fruit cake. Dip the knife into hot water. Cut the cake with an easy sawing motion to avoid crumbling.

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COC:lw
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Homemaking
Radio News

'ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 18, 1950

Frozen Turkey--Tips on Defrosting

URBANA--The way you thaw your frozen turkey depends upon its size and the amount of time and space you have available.

The best place to defrost a whole turkey is in your refrigerator, says food and nutrition specialist Frances Cook, University of Illinois College of Agriculture. Remove the wrapping, says Miss Cook, and cover loosely with waxed paper. It will take about two days to thaw a large bird. Turkey "pieces" need from three to nine hours of thawing time in the refrigerator.

If there's no room in your refrigerator, you'll want to use some other method recommended by foods research specialists of the United States Department of Agriculture. They say that a large frozen turkey can be defrosted in six to eight hours under cold running water. Leave the bird in its original moisture-proof wrapping. Do not use warm water or let the bird stand in water.

Room-temperature thawing takes an hour or so for each pound of frozen fowl and is not recommended for completely thawing large turkeys. However, if a small turkey or turkey pieces are cooked right after thawing, the room-temperature method can be used with safety.

It may be convenient to combine the methods for a large turkey. Let it stand at room temperature for a day, and then put into the refrigerator or other cold place overnight and roast it the next day.

Prompt cooking after defrosting is preferable, although a defrosted turkey, like a freshly drawn one, can be kept two or three days in a refrigerator at 38° F. or less. It is not advisable to refreeze turkey.

Sometimes ready-to-cook turkeys are roasted without being thawed first. If you use this method, allow one and a half times the usual roasting time.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 19, 1950

Flameproof Cloth Decorations, Children's Clothes

URBANA--You can flameproof that cotton or sheet for the base of the Christmas tree with an easy-to-do home method. Or you might want to flameproof your children's play clothes for the holidays.

Just mix seven ounces borax, three ounces boric acid, and two quarts water. Spray the solution on the cotton, sheet or clothing with a hand spray gun. Or you can dip the article in the solution. The material stays flameproofed until it is laundered.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that this is the method that has proved successful in tests at the University textiles laboratory.

Flameproofing is not the same as fireproofing, Miss King reminds. The flameproofing treatment will retard the spread of the flames, and is a worth-while precautionary practice.

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COC:lw
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FOR RELEASE TUESDAY, DECEMBER 19, 1950

Keep Your Holidays Safe

URBANA--It takes less than half a minute for the average Christmas tree to burn to charred wood. Take precautions so that it won't happen to you.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, has these suggestions for holiday safety:

Do not use candles on the tree. Check wires of lights to see that they are in top-notch condition.

Ask smokers to keep their burning cigarettes a safe distance from the tree. Always turn off the tree lights when you leave the house or go to bed.

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Set Up the Christmas Tree away from the fireplace, radiator, or heater. Use non-inflammable ornaments and trimmings--never cotton or paper. Do not use strings of lights or extension cords that are frayed and worn. Buy new ones.

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Make Your Tree-Trimming Party Safe--Use a sturdy metal or wood step-ladder--not a box, chair or other makeshift device--to reach those upper branches of the tree. Why risk a dangerous fall?

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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE WEDNESDAY, DECEMBER 20, 1950

Take Time for Safety During the Holidays

URBANA--Although you're busy to the "nth" degree during the holidays, take time to protect your children from accidents.

Miss Gladys Ward, home management specialist, University of Illinois College of Agriculture, says that preventing those accidents takes little time and effort. It is the after-effects of accidents that take time to heal and that cause pain, heartache, and expense.

Take these safety precautions during the holidays. Place small electrical equipment--toasters, percolators, etc.--so that your child cannot reach the cord. Dangling cords naturally invite a youngster's inspection. Keep them well out of his reach away from the edge of the table, work counter and range.

Turn handles of pots and pans toward the back of the stove or table. Your child may reach up, tilt the pot and seriously scald himself. Or someone may walk past the range or table, brush against the pot or pan and burn himself when it falls to the floor.

Keep matches and candles well out of your children's reach. Such a simple thing may save your children's lives or your house from fire. Don't let your children get too near the fireplace. Always be sure to use a protective screen in front of it for the children's safety.

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 21, 1950

Tips for Christmas Tree Safety

URBANA--Set your Christmas tree near enough to an electrical outlet to plug in the lights without using an extension cord.

That's one safety tip suggested by Frank W. Andrew, agricultural engineer, University of Illinois College of Agriculture. An extension cord increases danger of shock from faulty cords, adds to the difficulty of making good connections and may cause tripping. Also, locate the Christmas tree away from water-pipes, radiators and the fireplace, Andrew says.

Once you've set up the tree, make sure that none of the wiring dangles in the water pan in which the base of the tree is set. If a bulb burns out, leave it in place until you can replace it with a new one. Otherwise something may fall into the open socket and give a shock or cause a fire. Also, if the lights have a fiber washer between the bulb and the socket, be sure to replace it.

When you leave the house or go to bed, turn off the tree lights. A branch may dry out, ornaments may slip and break and a fire may result if a filament of a broken bulb contacts metal decorations.

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$ BEST FOOD BUYS $

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For Week of Dec. 25

Weekly tips on plentiful
foods, with suggestions
for buying and using.

URBANA--Choose from plentiful fruits for tasty, colorful salads, appetizers or for eating "as is." The United States Department of Agriculture reports that white-meat grapefruit, juice oranges, apples and cranberries are good buys now.

Miss Frances Cook, foods and nutrition specialist, University of Illinois College of Agriculture, says that for quality buying you should remember to "weigh" grapefruit and oranges in your hand. If they're heavy for their size, they'll probably have plenty of juice.

One of the guides for quality at the cabbage counter is color. Look for white, green or red cabbage--never the yellow. Other signs of quality are solidness, trimness and hard cores.

If you're stocking up on potatoes while those from the northern midwest sections are low priced, be sure to look for quality. Potatoes should be clean, firm and free from decay. Don't choose those that are sunburned, scabby or excessively dirty.

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COC:lw
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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 22, 1950

Use Mild Seasoning for Chicken, Turkey Stuffing

URBANA--Season that stuffing for chicken or turkey with mild herbs.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, says that chicken and turkey have a delicate flavor and so need mild-flavored herbs in the stuffing. Savory, tarragon and marjoram are suitable herbs. Use about one teaspoon of the herb or combination of herbs to each quart of bread crumbs.

Because sage is the strongest herb in flavor, a large amount should not be used in stuffing for turkey and chicken. It is good for strong-flavored poultry, such as goose.

If individual herbs, such as savory, marjoram, tarragon, and sage are not available, choose a poultry seasoning that contains a small amount of each herb.

A savory stuffing recommended for chicken or turkey is made as follows:

SAVORY STUFFING

3/4 cup butter or other fat
1 pint chopped celery
1/2 cup chopped parsley
1 small onion, chopped
2 to 2 1/2 quarts medium dry bread crumbs
1 to 2 teaspoons savory seasoning
1 to 2 teaspoons salt
Pepper to taste

Cook the celery, parsley and onion in the melted fat for a few minutes. Add to the bread crumbs and dry seasonings. Stir together. This makes enough stuffing for a 10- to 12-pound turkey.

COC:lw
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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 23, 1950

Refrigerate Turkey Promptly After Meal

URBANA--Refrigerate left-over turkey promptly after the meal is served. Cooked poultry spoils readily if allowed to stand at warm temperatures.

Mrs. Pearl Janssen, foods specialist of the University of Illinois College of Agriculture, says to remove the stuffing from a roast turkey before refrigerating it. If you don't the seasonings in the dressing sometimes give a strong taste to the mild-flavored meat.

If only one side of the turkey has been carved, wrap the whole bird in waxed paper and refrigerate it. Otherwise, take all the remaining meat from the bones and store it in a covered dish to use later.

Turkey soup can be made from the bones, says Mrs. Janssen. Just crack the bones, and refrigerate them until you have time to simmer them for soup stock.

When the left-overs are to be frozen for future use, package and freeze them right away, while they are at the peak of flavor and goodness.

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FOR RELEASE SATURDAY, DECEMBER 23, 1950

Use Honey in Holiday Meals--Here's How

URBANA--Plentiful honey supplies are available now--timed just right for the holiday season.

Use honey to make honey butter or hard sauce for puddings and rolls and to glaze that festive ham, suggests Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture.

To prepare some honey hard sauce for steamed puddings, rolls or breads, just mix equal parts of honey and soft butter and stir until well blended. Place in a glass container that can be tightly covered. Store in the refrigerator.

Honey butter for waffles and pancakes is easy to make. Just melt butter and mix it with honey, and it's ready to pour over those pancakes or waffles.

Honey poured over the fat surface of a ham makes a light glaze that holds decorations nicely. Remove the ham from the oven about 30 minutes before it is roasted. Cut off the rind and score the fat surface by making diagonal gashes with a knife.

Pour honey over the fat surface of the ham. Insert a clove in the center of each diamond formed by the scoring. Then return the ham to the oven to bake for the final 30 minutes and to set the glaze.

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COC:lw
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Homemaking
Radio News

ERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE MONDAY, DECEMBER 25, 1950

Toys Too Advanced for Your Child? Store Them

URBANA--If Christmas toys are too numerous or too advanced for your child, store them for a short time.

Mrs. Ida B. Johnson, child development specialist, University of Illinois College of Agriculture, says that too many toys are confusing to your child, and may be dangerous. And if a toy is too advanced, your child may misuse it.

Here are some ways to tell if a toy is too advanced. If an adult has to repeatedly show the child how to use the toy, it may be too advanced. Or when your child lacks interest or misuses the toy, it may be too advanced.

Too many toys may lead to accidents which injure your child and break the toys. And the job of choosing the toy with which to play can be confusing and distracting to your child.

Don't store the toy as a punishment, says Mrs. Johnson. Just tell your child that "we're saving it and someday we will play with it" or "we'll play with the others for a while and then bring this one out."

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Homemaking
Radio News

UNIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE TUESDAY, DECEMBER 26, 1950

Colored Wax Stains--How to Remove

URBANA--If colored candle wax drips on your favorite tablecloth during the holiday festivities, remove it promptly and your cloth will be as good as new.

Miss Florence King, textiles and clothing specialist, University of Illinois College of Agriculture, says that prompt action often determines whether or not a stain can be removed. She recommends the following technique for removing colored wax stains.

First, scrape away as much wax as possible with the back of a knife. Then place the stain between clean white blotters, cleansing tissues, paper towels or brown paper.

Press over the paper, blotter, tissue or towels with a warm iron, changing them as they become soiled. Then sponge with carbon tetrachloride (you can buy it at the drug store).

If a color stain remains after this treatment, sponge with denatured alcohol.

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COC:lw
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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE THURSDAY, DECEMBER 28, 1950

Eggnog--A Treat for Children's Party

URBANA--A tasty eggnog is good for that children's holiday party. It's a treat for mother, too, because it's easy to make.

Foods specialist Ruth Hodgson, University of Illinois College of Agriculture, says that an eggnog has another advantage: it contains valuable nutrients.

Serve the eggnog in tall tumblers with colored straws if you want to add a bit of glamour to the occasion. A wreath of colorful holly on the tray will also make it extra-special.

EGGNOG
(10 servings)

8 eggs, well beaten
1/4 teaspoon salt
2 quarts milk
1/2 cup sugar
2 teaspoons vanilla
Nutmeg

Combine all ingredients except nutmeg and mix well. Sprinkle with nutmeg and serve.

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$ BEST FOOD BUYS $

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For Week of Jan. 1, 1951

Weekly tips on plentiful foods, with suggestions for buying and using.

URBANA--After-holiday pocketbooks will welcome the foods plentiful for January as reported by the U. S. Department of Agriculture.

Top of the plentiful list goes to pork, potatoes and eggs. The 1950 crop of nearly 100 million pigs for market is expected to mean reasonable prices for both fresh and cured pork.

Foods and nutrition specialist Frances Cook, University of Illinois College of Agriculture, reminds homemakers that fresh pork needs to be cooked until thoroughly done. A test for doneness: The lean meat should be white without even a touch of pink.

A potato crop 7 percent above the '49 crop was produced during 1950. You can choose your supply from a total production of 431 million bushels. To keep waste in preparation to a minimum, choose potatoes that are well shaped and have shallow eyes.

The egg supply rises seasonally in January: prices are expected to be below those of recent months. For quality, buy refrigerated eggs if they're available at your local market. At home, store eggs in a covered bowl or pan in the refrigerator and away from strong-smelling foods.

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COC:lw
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Homemaking
Radio News

VERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE FRIDAY, DECEMBER 29, 1950

New Beef Grades Become Effective Today

URBANA--New federal beef grades--a revision adopted by the U. S. Department of Agriculture--become effective today.

Meats specialist Sleeter Bull, University of Illinois College of Agriculture, explains the grade revision as an upgrading of the old federal meat grades. Under the new system, the old Choice grade becomes Prime, Good become Choice and the younger Commercials become Good.

Prime beef has a thick covering of firm white or creamy white fat. The lean is pink or bright cherry red, firm, and well marbled (fat distributed through the lean). Only the best steers and heifers qualify for this grade.

The lean of U. S. Choice meat is darker than that of Prime and usually contains some, but not much, marbling. The fat is white or creamy white and firm.

Choice meat comes from steers,heifers and some young beef-bred cows which have been corn-fed. It gives both tastiness and economy, since it has good flavor, is reasonably tender and is not wasty. Bull recommends the new Choice grade for the homemaker who demands good quality for the money she spends.

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Because of the marbling, tender cuts of Prime and Choice beef are "tops" for broiling. Such cuts as sirloin, porterhouse and club steak are "broilers." Rib, chuck and shoulder arm of Prime need to be roasted. The same cuts in the Choice grade should be pot-roasted. Other cuts are suitable for braising or frying.

U. S. Good beef comes from grass-fed young steers, heifers and some fat cows. It is not so rich in flavor nor so tender as Choice or Prime, but it gives a large amount of fairly good lean at an economical price.

Good cuts such as club steak, sirloin or round steaks should be fried. Other Good cuts--chuck, ribs, shoulder arm steak, rump--should be braised or pot-roasted.

U. S. Commercial includes some beef from relatively immature steers and heifers, but most of it is from mature cows. Commercial cow beef has dark red lean with some or no marbling and a moderately thick covering of yellow fat. Steer and heifer beef of this grade has little or no fat covering and no marbling. Cuts of Commercial meat generally are suitable for frying, braising or stewing.

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COC:lw
12-20-50

FOR RELEASE FRIDAY, DECEMBER 29, 1950

French Chocolate--Tasty, but Easy-to-Make

URBANA--French chocolate is an easy-to-make, easy-to-serve refreshment for that New Year's open house or party. Miss Ruth Hodgson, foods specialist, University of Illinois College of Agriculture, explains how to make it.

Just prepare a chocolate sauce, cool it and mix it with whipped cream. Serve the beverage by heaping the fluffy sauce into a bowl; place a scoopful in a cup and fill the cup with hot milk from a pitcher. Two and one half cups of sauce will make about four to six servings.

Be sure to cool the sauce thoroughly before adding the whipped cream, Miss Hodgson says. Otherwise the whipped cream will lose some of its fluffiness.

FRENCH CHOCOLATE

2 1/2 squares bitter chocolate
1/3 cup water
2/3 to 3/4 cup sugar
Salt
1 teaspoon vanilla
1 cup whipping cream, whipped
4 cups milk, heated

1. Cook the chocolate with water until thick, stirring to prevent sticking; add sugar and salt.

2. Let boil up once; remove from the fire. Add vanilla. Cool thoroughly.

3. Fold in whipped cream. Yield--2 1/2 cups of sauce.

4. To serve, place a generous scoopful of sauce in a serving cup. Add hot milk. Stir until mixed.

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COC:lw
12-20-50

Homemaking
Radio News

NIVERSITY OF ILLINOIS · COLLEGE OF AGRICULTURE · EXTENSION SERVICE

FOR RELEASE SATURDAY, DECEMBER 30, 1950

Learn to Use That New Equipment

URBANA--If Santa was equipment-minded this year, and there's a new "servant" in your house, waste no time in learning it's qualifications. It may have talents you'll never discover unless you read the rule book.

Instructions that come with home appliances are usually easy to follow. And it's so much better to read them first and avoid trouble, than to run the risk of misuse. Some products require special care before their first use, and you'll need to read the instructions to know that too.

Home management specialist Catherine M. Sullivan, University of Illinois College of Agriculture, says that to use a new tool effectively you may need to learn a new habit. Whether you have a new potato peeler or an ironer, don't be discouraged if your first performances are clumsy and time-consuming. You may forget too, and instinctively reach for the old, but familiar tool. It may take some "stick-to-it-ness" before you have a method that will save time and energy, and give you pleasure from a job easily and well done.

Here's another point stressed by Miss Sullivan--store the new tool in the spot most convenient for its frequent use. A new mixer, for instance, will be used more often if it is on the counter top and ready for use, than if it is hidden away in the cupboard. Since you're apt to leave the tool in the place you put it at first, make sure that you've chosen the best and most convenient spot for it.

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AJR:pm
12-27-50

FOR RELEASE SATURDAY, DECEMBER 30, 1950

Some Tips on Roasting Ham

URBANA--No cooking directions with the cured ham you bought? Then ask the butcher about cooking it. Most likely it's a tenderized ham instead of a long cured one. Even so, some tenderized hams are cooked, while others are not, so it's better to know just what kind you have.

A tenderized ham is the product of a reduced salt treatment and a shorter curing time. This combination gives a tender, mild flavored ham but one which calls for refrigeration. A storage temperature of 50° F. or lower is recommended.

Tenderized hams which have been only partially cooked by the packer must be well cooked by the housewife before serving. This type must not be confused with the ready-to-eat kind which has been completely cooked by the packer.

Oven temperatures of 300 to 350° F. are recommended for roasting tenderized ham. Medium sized ones will require approximately 25 to 30 minutes per pound at these temperatures. If you use a meat thermometer, the internal temperature of the ham should register 160 to 170° F.

Ready-to-eat tenderized hams may be served "as is" or heated in a slow oven until they are warm for serving. Miss Geraldine Acker, University of Illinois College of Agriculture, says to place the ham, fat side up, on a rack in an open roasting pan, just like you would a cook-before-eating ham. The length of time required to heat the ham will depend upon its size.

You can remove the rind and glaze the ham with a mixture of one cup of brown sugar, one-half teaspoon dried mustard, and one-half cup of mild vinegar. Or else drizzle honey over the ham, then sift with a coating of brown sugar. In either instance, return the ham to the oven for the last fifteen to twenty minutes of baking.

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